

PRIVATE PRAYERS.

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A BOOK OF
PRIVATE PRAYER

FOR

Morning, Mid-day, Night, and other
Times,

WITH NOTES,

FOR THOSE WHO WOULD LIVE TO GOD AMID
THE BUSINESS OF DAILY LIFE.

EDITED BY THE

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RECTOR OF CLEWER, BERKS.

“HE KNEELED UPON HIS KNEES THREE TIMES A
DAY AND PRAYED, AND GAVE THANKS BEFORE HIS
GOD.”—DAN. VI. 10.

FORTY-THIRD THOUSAND.

LONDON :

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1879.

“ Let every Christian begin his day's work with devotion ; praying first, and giving thanks to God for the returning of the morning light.”

“ Let not the day, when it cometh, find us sleeping in our beds, but awake and up and ready at our prayers, according to his custom who ‘early in the morning cried unto the LORD,’ and whose ‘eyes prevented the night watches.’ ”—*S. Basil.*

“ When I see a man that loveth not his prayers, and is not frequent at his devotions, I shall presently conclude him to be a miserable creature ; and to have nothing in him at all worthy of commendation.”—*S. Chrysostom.*

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P R E F A C E.

THE Author of this Manual was desirous of having the name of some Clergyman attached to it, and on this account the undersigned has ventured to add such recommendation as he is able, to a work which he believes will be found to be extensively useful.

Notwithstanding the many Manuals of Devotion which of late years have issued from the press, this little book has its own special use not as yet supplied. Its principal feature is, that it provides, together with a considerable variety of prayers, many helps and instructions for self-examination and meditation in a simple form, and practical suggestions for a devout life. To earnest persons labouring in the active business of life, but able and wishing to acquire habits of devotion beyond the ordinary use of Morning and Evening Prayer, it will be found very serviceable.

The aim of the compiler has been to render this little work entirely in harmony with the Book of Common Prayer, in its spirit and doctrine as well as in its language.

The Author desires to ask the prayers of those who use this book, as for "one who has not compiled it with the idea of teaching any one, but only with the wish to help out of such experience as may have been derived from miserable shortcomings."

T. T. CARTER.

*Clewer Rectory,
July, 1861.*

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¹ This (with other portions of the book) has been adapted and inserted by kind permission. Many of the hymns also by kind permission.

A B O O K

OF

PRIVATE PRAYER.

PREFACE ON PRAYER.

“He hath learnt to *live* well who hath learnt to pray well.”—S. Augustine.

It is impossible to speak too strongly of the absolute necessity of saying your Morning and Evening Prayers. It is not too much to say that upon the fulfilment of this duty hangs your salvation. It is all-important. Look upon it therefore as a matter of life and death, and never be tempted by idleness or *fancied* want of time to neglect it.

If you allow yourself *once* to omit your daily prayers the habit of neglecting them will grow upon you. The first time you will feel uneasy, but gradually you will think less and less of such omission, until at length you will habitually live like the

dumb beasts, without any communion or intercourse with God.

The consequences of this extend farther than you may at first perceive. If you do not pray there is *silence* between God and your soul, and in this silence there grows up an awful *strangeness*. And then, when you *would* approach God (perhaps in the Holy Communion) you are unable, you shrink back from it. You feel unfit, and being unaccustomed to enter His Holy Presence you shrink back from It because you find that you do not know how to prepare yourself. Then you delay—and go on delaying this most important of duties until death comes—and in the time of weakness and sickness on the bed of death what *will* you do if God has become a *Stranger* to you!

And this—this distance from God is as often brought about by neglect of Prayer as by a course of actual wickedness.

Now you will be quite ready to admit all this of the neglect of Prayer generally, but be assured,—indeed, any one's own experience will assure him—that if Morning and Evening Prayers are not said, Prayer *will be* neglected altogether.

Then again, to go forth in the morning

without prayer; is to trust for that day in yourself or in something short of GOD; whereas GOD's Grace is necessary in all things. You can do nothing without It. You cannot resist temptation, or walk in the Commandments of GOD and serve Him; you cannot "cease to do evil" or "learn to do well" without GOD's special grace, which you must ask for day by day. "Give us this day our daily bread." "Give us day by day our daily bread."

Again, you cannot "grow in grace" if you live through each day on *feeling* instead of Prayer—actual earnest prayer to GOD that He would keep you *that day* without sin, and lead you on day by day in more and more love for Him to His Heavenly Kingdom.

For Prayer is *the* means which GOD has appointed for obtaining His Grace and the only means to which He has promised it. "Ask and it shall be given you; seek and ye shall find, knock and it shall be opened unto you." "For every one that asketh receiveth." "Pray that ye enter not into temptation." "Watch ye and pray lest ye enter into temptation; the spirit truly is ready, but the flesh is weak." "If any of you lack wisdom let him ask of GOD—and

it shall be given him. But let him ask in faith." "Ye have not, because ye ask not."

Much more might be said about the duty and value and necessity of Prayer, but these few words may lead you to think seriously and *honestly* upon the subject for yourselves, and to compare your own practice with the teaching of God in Holy Scripture, and desiring to please Him you will not seek to explain away His words upon this (or any other) subject, but rather you will wish to take them to the letter, and by His Grace to act upon them to the utmost, after the example of the early Christians, who "*continued steadfastly* in the Apostles' doctrine and fellowship and in breaking of bread and in prayer."

The following passages will show you not only the blessed promises made to prayer, but also that it is ENJOINED in Holy Scripture as a POSITIVE DUTY.

"Enter into thy closet, and when thou hast shut thy door, pray to thy FATHER which is in secret."

"Watch ye, therefore, and *pray always* that ye may be accounted worthy to escape all these things that shall come to pass,—and *to stand before the Son of Man.*"

"Take ye heed, watch and pray; for ye know not when the time is."

" *All things*, whatsoever ye shall ask in prayer, believing, ye shall receive."

" What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them."

" Whatsoever ye shall ask the FATHER in My Name, He will give it you."

" If ye shall ask anything in My Name, I will do it."

" If ye then, being evil, know how to give good gifts unto your children; how much more shall your Heavenly FATHER give the HOLY SPIRIT to them that *ask* Him."

" I say unto you, That if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of My FATHER which is in Heaven."

" Men ought *always* to pray, and not to faint."¹

" Shall not God avenge His own elect, which cry *day and night* unto Him, though He bear long with them? I tell you that He will avenge them speedily."

" Pray without ceasing."

" Continuing instant in prayer."

" *Night and day* praying exceedingly."

" Continue in prayer, and watch in the same with thanksgiving."

" *Praying always*, with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints."

" The end of all things is at hand; be ye therefore sober, and watch unto prayer."

" Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God."

¹ Not to give over from weariness.

EXAMPLES.

“She that is a widow indeed, and desolate, trusteth in God, and continueth in supplications and prayers *night and day*.”

“She was a widow of about fourscore and four years, which departed not from the Temple, but served God with fastings and prayers *night and day*.”

“At midnight I will rise to give thanks unto Thee, because of Thy righteous judgments.”

“In the evening, and morning, and at noonday will I pray, and that instantly; and He shall hear my voice.”

“*Seven times* a day do I praise Thee, because of Thy righteous judgments.”

“And in the morning rising up, a great while before day, He went out, and departed into a solitary place and there prayed.”

“He went out into a mountain to pray, and continued all night in prayer to God.”

“And He *kneeled down*, and fell on His Face, and prayed, saying, ‘O My FATHER, if it be possible, let this cup pass from Me: nevertheless, not as I will, but as Thou wilt. The second time He prayed saying, O My FATHER, if this cup may not pass away from Me, except I drink it, Thy will be done. And He prayed the third time, saying the same words. And there appeared an angel unto Him from Heaven strengthening Him. And being in an Agony, He prayed more earnestly, and His Sweat was as it were great drops of Blood falling down to the ground.’”

You ought then to desire nothing so much as to obtain the grace and gift of prayer, for without this you cannot hope

to make any progress in the ways of God ; but if you faithfully and diligently say your prayers, there is nothing you may not promise yourself. You may believe for certain that if GOD withdraws not from you the spirit of prayer, neither will He withdraw His mercy.

If then, you have never said your Morning and Evening Prayers, BEGIN NOW.

If you once said them and have unhappily left off, BEGIN AGAIN.

If happily you have been constant in the practice of this duty—PRAY earnestly to grow in fervour, attention, and love of prayer, and that you may PERSEVERE in it TO THE END.

And remember that this little book is not meant to bind or limit you. You are not to think that you must say these prayers and no more. You must pray to GOD out of your own heart and your own wants. This is only intended to guide and help you. It is a great help to be taught *how* to do anything, and in using the same Prayers every day you carry up to GOD your varied daily wants in words which by constant use have become your own.

“LORD, TEACH US TO PRAY.”

MORNING PRAYERS.

“ My voice shalt Thou hear betimes, O LORD ; early in the morning will I direct my prayer unto Thee.”

Let your first waking thoughts be given to GOD, Whose goodness has brought you to another day, and beware that no other have the first-fruits of your thoughts save GOD. Rouse yourself, and say thoughtfully,

O GOD, Thou art my GOD, early will I seek Thee.

Glory be to the FATHER, Who created us.

Glory be to the SON, Who redeemed us.

Glory be to the HOLY GHOST, Who sanctifieth us.

All Love, all Glory, all Thanksgiving be to the Holy and Undivided TRINITY, now and for evermore. Amen.

Rise early that you may have time for prayer.

*At rising say,*¹

In the Name of our LORD JESUS CHRIST Crucified, I arise. O LORD, bless me,

¹ “ Whatsoever ye do in word or deed, do all in the Name of the LORD JESUS, giving thanks to GOD and the FATHER by Him.”

keep me, guide me, and bring me to everlasting life, for Thy mercy's sake. Amen.

While dressing and washing,

You may remember your Baptism, and pray
GOD to clothe your soul with Heavenly virtues,
and to cleanse you from every stain of sin.

*Or you might say a Psalm or a Hymn, or
the following Litany.*

Glory be to Thee, O LORD, glory be to Thee.

Glory to Thee, who givest me sleep
to recruit my weakness
and to remit the toils
of this fretful flesh.

To this day, and all days,
a perfect, holy, peaceful, healthy, sinless course
Vouchsafe, O LORD.

The Angel of peace, a faithful guide,
guardian of souls and bodies,
to encamp around me,
and ever to prompt what is salutary,
Vouchsafe, O LORD.

Pardon and remission
of all sins, and of all offences,
Vouchsafe, O LORD.

To our souls what is good and convenient,
and peace to the world,
Vouchsafe, O LORD.

Repentance and strictness
for the residue of our life,
and health and peace to the end,
Vouchsafe, O LORD.

Whatever is true, whatever is honest,
whatever just, whatever pure,
whatever lovely, whatever of good report ;
if there be any virtue, if any praise ;
such thoughts, such deeds,
Vouchsafe, O LORD.

A Christian close,
without sin, without shame,
and, should it please Thee, without pain,
and a good answer
at the dreadful and fearful Judgment-Seat
of JESUS CHRIST our LORD,
Vouchsafe, O LORD.

When dressed,

Kneel down very humbly, and place yourself in the Presence of GOD. Be as devout and reverent as if you saw our LORD standing before you. He is Present, though you see Him not. Consider that you are speaking to Almighty GOD. Desire earnestly to love Him. Recollect your own weakness and utter need of His Grace, and then SLOWLY and thoughtfully say your Morning Prayers.

In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

LORD, have mercy upon me.

CHRIST, have mercy upon me.

LORD, have mercy upon me.

Our FATHER, Which art in Heaven,

Hallowed be Thy Name. Thy kingdom come. Thy will be done in earth, as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive them that trespass against us. And lead us not into temptation; but deliver us from evil. Amen.

Stand up and say the Belief thoughtfully and thankfully.

I believe in GOD the FATHER Almighty, Maker of Heaven and earth,

And in JESUS CHRIST His Only SON our LORD, Who was conceived by the HOLY GHOST, Born of the Virgin Mary, Suffered under Pontius Pilate, Was crucified, Dead, and Buried, He descended into hell; The third day He rose again from the dead, He ascended into Heaven, And sitteth on the right hand of GOD the FATHER Almighty; from thence He shall come to judge the quick and the dead.

I believe in the HOLY GHOST, the Holy Catholic Church, the Communion of Saints, the Forgiveness of sins, the Resurrection of the body, and the life everlasting. Amen.

Again kneeling, say,

I confess to Thee, O LORD GOD Al-

mighty, that I have sinned exceedingly in thought, word, and deed, through my own most grievous fault. [*Here call to mind seriously and with sorrow the chief sins of your past life.*] Wherefore I beseech Thee, O LORD, to have mercy upon me, forgive me my sins, grant me true repentance, and bring me to everlasting life. Amen.

Almighty God, Who dwellest in the highest Heavens, and yet vouchsafest to regard the lowest creature upon earth, I humbly adore Thy Divine Majesty, and with all the powers of my soul and body I bless and praise Thy Holy Name for the infinite Blessings Thou hast so bountifully bestowed upon me, for the comforts of this life and the hope of a better, for Thy gracious protection during the night past and bringing me safely to the light of another day ; and above all, for the Precious Death and Passion of our LORD and SAVIOUR JESUS CHRIST. My LORD and my GOD, I humbly offer myself to Thee with all my thoughts, words, and actions, of this day, to be in all what Thou willest, and I pray Thee to sanctify them, and to accept the desire of my heart to serve Thee. Continue, O LORD, I beseech Thee, Thy mercy and goodness towards me, and as

Thou hast awakened my body from sleep, so raise my soul from sin, that I may walk soberly and honestly as in the day, in all holy obedience before Thy Divine Presence. Deliver me, O merciful God, from the evils of this day, and guide my feet in the paths of peace and holiness. Strengthen my resolutions to embrace with gladness the opportunities of doing good, and carefully to avoid all occasions of sin, especially those which I know to be most dangerous to me. [N.]¹ And when, through frailty, I forget Thee, do Thou in Thy mercy remember me and revive me with a double portion of Thy grace and HOLY SPIRIT, that I may persevere more earnestly in striving against all which is displeasing to Thee. And of Thy goodness, O LORD, I beseech Thee to give me the graces and virtues Thou knowest me most to need, especially [N.]² Increase and strengthen my faith, that Thy Holy Word may be the guide of my daily life. Teach me to *live* in the spirit of prayer, and to carry out what I pray for in my life and actions. O give me a heart delighting in prayer, and teach me day by day in all my necessities

¹ Name any special temptations.

² Name any grace you may desire.

to lean on Thee, look to Thee, and call on Thee for help. Keep me ever near to Thee, and make me more wholly Thine. Give me a loving and patient spirit. Make me kind and humble, gentle and contented, true and sincere. Take from me all dependence upon myself, and give me a firm and humble trust in Thee. And above all, O my GOD, give me an unfailing charity, to love Thee wholly, and my neighbour, for Thy sake, as myself. Make me diligent and faithful in the duties of my calling, remembering that I must one day give an account to Thee for all I do. And in all the trials and changes of this life may I cheerfully submit to Thy Divine Will, and wholly rely on Thy Merciful Providence. Let Thy Blessing be upon my actions, and Thy Grace direct my intentions, that the whole course of my life and every purpose of my heart may tend to Thy glory, the good of others, and the eternal salvation of my own soul; through JESUS CHRIST my LORD and only SAVIOUR. Amen.

Have mercy, O LORD, upon all men. Pour Thy graces and blessings upon the whole Church, upon the Clergy, especially of this parish, upon my relations, [N.]

(my godchildren) my friends and benefactors, and all for whom I desire to pray. Supply the needs of all who are hindered from seeking Thee in the appointed means of grace; comfort the sick and sorrowful, support those who are in their last hour, and turn the hearts of sinners, [*especially N. and N.*] For the sake of JESUS CHRIST our LORD. Amen.

[If you have time you may add any of the Occasional Prayers according to your circumstances and needs.]

Here make an earnest resolution against your Besetting sin, and say the following Prayer to our LORD JESUS to help you.

O Good JESU, my SAVIOUR and my GOD, Thou, Who didst make me, knowest how weak I am. Thou knowest, good LORD, that I am tempted to [*Here name the temptations to it, and the ways in which you sin, as well as you know them.*] But good LORD, for love of Thee, I would this day keep wholly from all [*naming the sin,*] and be very [*naming the contrary grace*]. I will not, by Thy grace, do one [*N.*]¹ act, or speak one [*N.*] word, or give one [*N.*]

¹ N. means the name of the fault.

look, or harbour one [N.] thought in my soul. If Thou allow any of these temptations to come upon me this day, I desire to think, speak, or do only what Thou wilt. LORD, without Thee I can do nothing, with Thee I can do all. Accept, good LORD, this my desire, help me, by Thy grace, that I fall not, or if I fall, bring me back quickly to Thee, and grant me to love Thee better, for Thy tender mercies' sake. Amen.

The Blessing of GOD Almighty, the FATHER, the SON, and the HOLY GHOST, be upon me, and abide in me, this day and for evermore. Amen.

THE BESETTING SIN.

“Let us lay aside every weight, and the sin that doth so easily beset us.”

Besides the work of striving against all sin generally, we, most of us, have to contend with some one besetting fault which is our own especial hindrance in running “the race set before us.” By the “Besetting sin” is not meant certain deadly sins such as a person cannot do and be a

Christian at all—but that leading wrong temper or disposition with which we, most of us, come into the world, and with which our conflict for eternal life chiefly lies—although we must remember that even this chief fault would not have so much hold upon us, had we faithfully used the grace with which God entrusted us in Holy Baptism.

This leading fault must be rooted out—we must carry on against it daily a watchful and persevering warfare, “the good fight of faith.” For it is the reason why we most often offend God, it is the captain of all our faults, the chief of all, it enters into all, entangling our feet at every step, so that we can make no progress. And when we uproot it we uproot with it many other faults, and can go on more freely in the love and service of God.

The “Besetting sin” varies in all persons, and it concerns each of us most seriously to know which is *our own*.

In order to find it out then you must search into yourself steadily and question your heart and conscience. It may help you to set down some of the most common temptations. You will find some exam-

ples at page 22, and amongst them you may perhaps see your own.

Then ask GOD in earnest prayer to show you wherein your chief fault lies. Think by what sin it is you fall most often; or for what your conscience most reproaches you; or what action which you suspect to be wrong you most indulge in; or against which you have made most good resolutions and have broken them; or what fault it would seem hardest to you to give up; or what makes you most unhappy when alone; or what seems most to keep you back from GOD, or to stand most in your way when you would wish to serve Him; or what frightens you from coming to the Holy Communion, or when you come to it; or about what your conscience smites you in hearing GOD's Word, or reading some good book, or when death or the Day of Judgment comes before you; or in what you would least like others to know you; or what you feel most guilty about when it is blamed in others; or for what others have most often blamed you; or what sin you are most tempted to turn away from, and hide your own eyes from that you may not see it. Or again, on the contrary, what thoughts flash across you

amidst other occupations, and you entertain them and take pleasure in them; or what subjects your thoughts most dwell upon when you have nothing else to do, or to what sin of the tongue you are most tempted.

In some or other of these ways God will show it you, but if you cannot find out which is your *chief* fault, or are not certain about it, set yourself in earnest to uproot any bad one. It is for the most part one sin *at a time* which hinders us, and you must strive by God's grace, to have complete mastery over that one sin.

In this strife there are some rules for all sins, and whatever the sin be,

1. It is most important that you should know the occasions of it—in what way it most steals upon you, what happens just before which leads you to it, what calls it up.—[Thus, one is made angry if he is found fault with roughly or suddenly, or even at all, or if he is slighted, or laughed at, or kept waiting, or contradicted, or interrupted, or not attended to, or treated rudely, or hurt even unintentionally, or disappointed, or if another is preferred to him, or he cannot succeed in what he has to do.] To know the occasions puts us

on our guard. Thus if the fault be a quick temper there are mostly some feelings of discomfort before the angry word escapes, and warned by this feeling we might say a brief prayer and the anger would be stilled or lessened.

2. Observe, as well as you can, the ways in which you yield to it, the very acts and words you most often use in giving vent to it.

3. Strive not only to uproot the sin, but at the same time to gain the opposite virtue. Thus if your temptation be to anger or impatience, try not only not to be angry, but try earnestly to be very gentle and meek. It is often even easier to become very meek than to restrain outbreaks of anger. If it be discontent or murmuring try to gain the opposite grace of contentment. And so of sloth, or vanity, or selfishness, or any other fault.

4. Then there is the Daily Exercise. In the morning you call to mind your Besetting Sin that you may resolve against it. You think of the occasions of it likely to befall you that day, and pray for grace and strength to keep from every form and shadow of it.

Then to see whether you fall or no

you must examine yourself carefully and steadily about it. You should do so about the middle of the day, when most people have a little leisure before the mid-day meal. A few minutes will be sufficient to question yourself and mark if you have fallen into the fault or no, and, as the case may be, to pray in few words for pardon, and for grace to avoid it for the remainder of the day. Again at night you will look into this particular sin (perhaps before your general self-examination) and steadily examine what occasions you have had of committing it, whether you resisted them, or gave way to them, and so on. [Thus, if it be temper, you will ask yourself—as before at noon: Have I given way to ill-temper to-day? Have I spoken angry words to any one, or done any hasty action,—or given way to bitter, gloomy, resentful thoughts—what put me out of temper? and so on.] It is a good plan to put down your examination on a paper. It helps us in the work of watching over ourselves, and makes it a cheerful work, as it shows us if we make the least progress. And you will again ask God's forgiveness and make steadfast resolutions by His help to amend.

And now for further advice and instruction you would do best to go to your clergyman. He would be better able than yourself to tell you your faults and could give you rules for your *own particular* case and sin which might help to guard you against its attacks and surprises, to check you from giving way to them, and to gain the special grace you desire and need.

EXAMPLES OF BESETTING SINS.

1. *Pride*—or indulging too high an opinion of yourself, and aversion to humiliation.

It shows itself in many ways, as in impatience of having faults pointed out and corrected ; ill-temper, proud feelings ; rude answers when reproved ; unwillingness to humble yourself when you are wrong ; obstinate refusal to own your faults, and persisting in bad habits ; self-conceit and cleaving to your own opinion ; desire to show or assert independence, and hence, disobedience to parents, and masters, and teachers ; self-will, obstinacy, or stubbornness ; unwillingness to bend to others ; determination to have your own way in spite of parents, masters, and teachers ; being soon offended and quarrelling from fancying yourself slighted ; seeking always to be first ; love of ruling over others ; contempt and unkindness to those you think beneath you, or more ignorant ; overbearing the weak, insulting the meek and good ; neglect of God as feeling independent of Him.

2. *Vanity* ; vain-glory ; love of admiration and

praise. This also shows itself in many ways and leads to many other sins.

Vain-boasting—excessive finery in dress; display; spending money foolishly to be thought much of; love of receiving praise and flattery.

Hypocrisy—wishing and trying to be thought different to what you really are; more or less religious; doing good actions to gain applause, or be thought well of, pretending to know more of any person or matter than you do for the sake of appearing of consequence.

Cowardice—not doing what is right from fear of shame or ridicule; as e.g. staying from Church, Sacraments, keeping bad company, going to dangerous amusements; doing anything forbidden either from fear of man, or, on the other hand, from the desire of being thought clever, independent, and high spirited; excessive fear of shame, ill-repute, or disesteem; fear of what men will say, and doing wrong or leaving undone what is right in consequence.

Falsehood and untruth in word or action to save yourself some passing shame or blame, to hide some fault or weakness; or exaggerating, or misrepresenting to make a laugh and be thought clever, and to make yourself a pleasant and an amusing companion.

3. *Deceitfulness*—a habit of misrepresenting—lying—to deceive others, to obtain an end, to gain pity, or money, &c.; artful and cunning ways; pretending to know more of any person or matter than you do, for the sake of gaining the information you pretend to have.

4. *Selfishness* or loving yourself, or your own gratification more than God, or any one else:

constantly trying to get the best of everything ; the best place ; best food ; best chance in life ; and to enjoy your own pleasure without thinking of any one else.

5. *Envy*—pain at another's success. This shows itself often in discontent, murmurings, quarrelsomeness, mischief-making, evil-speaking, and back-biting, and provoking, and persuading others to do wrong in order to lower them to your own level ; jealousy when others are preferred ; comparing yourself with others, and wishing things were other with you than they are.

6. *Sloth* and indolence ; such a love of ease as hinders your doing your duty as you ought. Hence arises—late rising in the morning ; neglect of prayer and the means of grace, doing your work by halves, without pains, in a hurry, in a slovenly way to get it done without caring how ; neglect of your charge and trusts ; neglect of children, taking no trouble with their faults, leaving them to themselves (in the streets and at fairs) ; neglect of instructing and caring for young servants ; neglect of your master's property, whether crops, animals, or whatever it may be ; unwillingness to speak the truth for fear of saying what is displeasing, and so getting into trouble ; yielding to every one rather than exert yourself ; impatience of advice which gives you any trouble ; neglect to amend faults from idleness ; leaving off persevering in your good resolutions.

7. *Love of pleasure* ; excessive fondness for anything ; society ; gossiping ; places of amusement ; companions who amuse you ; any kind of pleasure-making. This leads to a great many sins ; to extravagant spending of money (leaving yourself nothing to give away) ; disobedience to parents ; disregard of

their advice and wishes ; indulging in bad company ; Sabbath breaking ; neglect of religious duties. And again to too much eating and drinking, and amusement, at improper times, places, and with improper companions ; neglect of duties ; waste of time.

Under this head you may consider also the following and other texts of Holy Scripture—" Know ye not that your body is the temple of the HOLY GHOST which is in you ?" " If any man defile the temple of God, him shall God destroy, for the temple of God is holy, which temple ye are." See also 1 Cor. vi. 15, 19 ; iii. 16, 17.

Your conscience will tell you without any description of them here, if you ever allow yourself in *thoughts, words, or actions*, such as these verses would forbid, or which you would be ashamed that your parents or any one you reverence, should know, or hear, or see.¹

8. *Irritability of temper* ; passionate angry words when offended ; disappointed or put out of your way ; rash and violent language ; ill-temper ; sulkiness and obstinacy ; bitter, resentful, revengeful, gloomy thoughts ; touchiness or over-sensitiveness ; hasty impatient actions.

9. *Covetousness* ; love of money and possessions leading to unfair dealings ; cheating ; taking advantage of the ignorant ; neglect of religious duties ; disregard of the duty of almsgiving as enjoined in Holy Scripture.

10. *Uncharitableness*—judging others unkindly, rashly, hastily ; putting the worst interpretation on their words and actions ; suspiciousness.

¹ See Self-examination on the Seventh Commandment, further on.

11. *Moral cowardice*—the undue fear of man being too easily led and influenced by the presence, opinions, or example of others, yielding to them in what is wrong; fearing to maintain what is right.

12. *Discontent*—restlessness; thanklessness; habit of finding fault and complaining.

MID-DAY PRAYERS.

“At noonday will I pray.”

It is very desirable to retire for a few minutes about noon to recollect yourself and pray to God.

1. Examine yourself as to your Besetting Sin. If you have fallen pray for pardon and grace: “Good LORD, for love of Thee, I am sorry that I have done this Forgive me, and give me grace that I may not fall into it any more this day.”

If, by God’s grace, you have not fallen, be very humbly thankful and say, “LORD, give me grace to be watchful, and let me not for one moment trust in myself.”

2. Then, if you have time, you can say,
LORD, have mercy upon me.

CHRIST, have mercy upon me.

LORD, have mercy upon me.

Our FATHER, &c.

O SAVIOUR of the world, Who by Thy Cross and Precious Blood hast redeemed us; Save us, and help us, we humbly beseech Thee, O LORD.

LORD, I beseech Thee, grant Thy servant grace to withstand the temptations of the world, the flesh, and the devil, and with a pure heart and mind to follow Thee, the only GOD, through JESUS CHRIST our LORD. Amen.

Almighty GOD, Who hast given Thine Only SON to be unto us both a sacrifice for sin and also an ensample of godly life; give me grace that I may always most thankfully receive that His inestimable benefit, and also daily endeavour to follow the blessed steps of His most holy life, through the same JESUS CHRIST our LORD. Amen.

O LORD, from Whom all good things do come, grant to me Thy humble servant, that by Thy holy inspiration I may think those things that be good, and by Thy merciful guiding may perform the same, through our LORD JESUS CHRIST. Amen.

You may add any of the Occasional Prayers.

The grace of our LORD JESUS CHRIST,

and the love of GOD, and the fellowship of the HOLY GHOST, be with us all evermore. Amen.

But if you have not time or opportunity for *retirement* you could at least commend yourself to GOD; examine yourself [as directed] in your own mind; thank GOD for the precious Life and Death of your SAVIOUR, and say thoughtfully to yourself,
Our FATHER, &c.

O SAVIOUR of the world, &c. [as above].

Good JESU, give me the gift of Thy holy love, the pardon of all my sins, and grace to persevere unto the end. Amen.

NIGHT PRAYERS.

“I will lay me down in peace, and take my rest, for it is Thou, LORD, only that makest me to dwell in safety.”

In the evening, when about to retire to rest, take heed not to forget GOD; by Whose favour you have passed through the day, and all your life hitherto. Give Him thanks, and make your peace with Him before you sleep.

SELF-EXAMINATION.

Before your Prayers examine yourself how you have spent the day, and seriously confess anything in which you see that you have offended against God, against your neighbour, or against yourself, whether in soul or body.

1. Kneel down very humbly, recollect yourself, compose your mind, and place yourself in thought in the Presence of God. Think that you are preparing for the Judgment Day,—for you are going to search out those sins which will then be brought forward, that you may repent of them and be forgiven.

2. Thank God in your own mind for the many and great mercies you have received, that by comparing His Goodness to you with your own shortcomings, you may be the more ashamed.

3. Pray in few words for grace to remember them. “Good LORD, do Thou enlighten my darkness, bring before me all my sins and shortcomings, and show me wherein I have this day offended against Thee, in thought, word, or deed.”

4. First look into your besetting sin. Then call to mind what you have said and

done, where and in what company you have been, what duties you have left undone, and you may question yourself in some such way as this :—

Was I lazy in rising ? Did I think of God the first thing ? Did I say my Prayers earnestly or negligently ? Did I allow myself to think of other things ? Have I remembered God in the day ?

Have I done my work diligently ? been faithful to trust placed in me ? or have I been idle and wasted time ?

Have I judged my neighbour ? given way to unkindly feelings ? Have I spoken evil of any one, made mischief between neighbours, listened to evil ? Have I been guilty of lies or any kind of untruthfulness, deceit, or dishonesty ? Have I indulged in vanity, seeking to gain admiration or praise : done anything, or left any duty undone, from neglect, or fear of displeasing, or desire to please man instead of God ? Have I given way to impatience, murmuring, or greediness, or to any bad thoughts ? Have I used any bad words, been selfish in anything ? Have I been persuaded to do wrong or neglect duties, or led others to do so ? Have I had any quarrel or disagreement ?¹

¹ It will not be necessary always to use these questions. They are only hints to put you in the way of examining yourself. If you are in earnest your conscience will tell you what you have done amiss. Occasionally, however, you will desire to examine yourself more fully—in preparing for the Holy Communion, (as Holy Scripture requires ; 1 Cor. xi. 28,) and at other times. And to assist

PRAYERS.

In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

Blessed be the Holy and Undivided TRINITY, now, henceforth, and for ever. Amen.

Our FATHER, &c., page 10.

I believe in GOD, &c., page 11.

O LORD our Heavenly FATHER, Almighty and Eternal GOD, Whose glory the Heaven of heavens cannot contain, look down from Thy Throne of mercy upon Thy poor servant, humbly thanking Thee for Thy Love and Benefits, and confessing to Thee all my sins which I have committed from my childhood until now; whether by night or by day, knowingly or ignorantly, and especially my sins and negligences of this day.

I confess to GOD the FATHER Almighty, to His Only-Begotten SON JESUS CHRIST our LORD, and to GOD the HOLY GHOST, that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault.

you there is a fuller form of Examination upon the Ten Commandments further on.

[Here confess to God the sins you have discovered in your self-examination.] O my GOD, I do earnestly repent and am heartily sorry for these and all other mine offences against Thy Divine Majesty. I love Thee with my whole heart and soul, and I firmly purpose by the help of Thy grace, never more to offend Thee. Forgive me, I beseech Thee, all that I have this day or ever committed against Thee, my neighbour, or myself, for the Death and Passion of our most dear LORD and SAVIOUR JESUS CHRIST. Have mercy upon me, O GOD, after Thy great Goodness, according to the multitude of Thy mercies do away mine offences. Wash me thoroughly from my wickedness, and cleanse me from my sin. Give me true sorrow for love of Thee, that I have so offended Thee, and of Thy mercy bring me to everlasting life; through JESUS CHRIST our LORD. Amen.

May the Almighty and Merciful LORD grant me pardon, absolution, and remission of all my sins. Amen.

And now, O most Gracious GOD and FATHER, I give Thee humble thanks for Thy countless and great Benefits, proceeding only from Thy Bounty, and intended

for my good, particularly for preserving me this day from so many dangers belonging to my condition, and from so many calamities due to my sins. Thou art my Creator, O God, and my Protector. Thou hast made me for Thyself. Under the shadow of Thy wings is perpetual peace, and from the Light of Thy Countenance flow eternal joy and blessedness. To Thee be glory and honour, to Thee adoration and obedience from all Thy creatures for ever. Amen.

And since Thou hast ordained the day to labour, and the night to take our rest, as I thank Thee for the blessings of this day past, so I beseech Thee for Thy protection this night to come. Let the eye of Thy Providence watch over me, and Thy holy Angels pitch their tents about me, that being safely preserved from all dangers, and refreshed with peaceful sleep, I may rise up again the better enabled to fulfil the duties of my calling, and with cheerful strength and gladness to serve Thee in all good works, that persevering to the end in Thy faith and fear, I may die in Thy favour, and be received into Thine Heavenly Kingdom, there with all Thy

redeemed, to praise Thee for ever ; through
JESUS CHRIST our LORD. Amen.

A General Intercession.

O Almighty FATHER, I humbly beseech Thee to bless Thy Holy Church throughout the world, especially the branch of it in England. Give unto us the increase of Faith, Hope, and Charity. Root out from among us all sin and wickedness, all divisions and unbelief, all errors and delusions, and in Thy good time restore unto Thy Church the blessing of unity. Bless and defend all Bishops and Pastors, (especially our own,) all Kings and Magistrates and all in authority. Convert sinners to true repentance, strengthen the faithful in ways of holiness ; sustain all those who labour, comfort all who are oppressed with grief, all widows and orphans, and all in extreme poverty and distress, or in loneliness,—especially, Good LORD, remember all who are destitute of the necessary means of grace, and supply their need. Bless and preserve all Missionaries in distant lands. Convert the Jews and heathen. Remember for good all who serve Thee in Religious Societies, and all

who are mindful of the poor and sick. Preserve all travellers by land or by water, and have mercy upon all prisoners and captives. Forgive those who have sinned with me, or whom I have led into sin, and recompense those I may have injured, offended, or neglected to help or to pray for. Direct in the way of life all who are united to me by kindred [A or B] or friendship—my godchildren—my benefactors—all who pray for me, or have asked my prayers, and all who think kindly of me. Hear them in what trouble soever they call upon Thee. Finally, O LORD, have mercy upon all men. Remember all for good. Grant us the grace to know, love and serve Thee here, and may we all find mercy of Thee in that Day, for the sake of JESUS CHRIST, our most Blessed LORD and SAVIOUR. Amen.

Save us, O LORD, when we are awake ; guard us when we are asleep, that we may wake with CHRIST, and may rest in peace. Amen.

The Almighty and Merciful LORD, the FATHER, the SON, and the HOLY GHOST, bless and preserve me this night and evermore. Amen.

Whilst you undress

You may say the 130th Psalm, "Out of the deep," or "LORD, now lettest Thou Thy servant depart in peace;" or a hymn.

Now that the daylight dies away,
Ere we lie down and sleep,
Thee, Maker of the world, we pray,
To own us and to keep.

Let dreams depart and visions fly,
The offspring of the night.
Keep us like shrines beneath Thine Eye,
Pure in our foe's despite.

This grace on Thy redeemed confer,
FATHER, Co-Equal SON,
And HOLY GHOST the Comforter,
Eternal Three in One. Amen.

Let your bed remind you of your grave,
and remember the nearness of death.

Think also of GOD's love in providing
for your comfort in so many ways.

As you enter your bed say,

In the Name of JESUS CHRIST, Crucified for me, I lay me down to sleep; may He bless me, preserve and keep me, and bring me to everlasting life. Amen.

As you compose yourself to sleep say,

Into Thy hands, O LORD, I commend my spirit, for Thou hast redeemed me, O LORD, Thou GOD of Truth.

Blessed LORD JESU, abide with me. Amen.

If you lie awake in the night, have some good thought either of the Passion of our LORD, or of the Judgment, or some other holy thoughts that you may "remember GOD in your bed," and commend yourself anew to Him.

You can say in your heart some verse of a Psalm or Hymn, or any Prayer which comes into your mind.

"Through life's long day, and death's dark night,
O Gentle JESUS, be our Light."

SHORTER FORM OF MORNING AND NIGHT PRAYERS.

Those who *honestly* have not time for the longer Prayers, may use the following instead.

FOR THE MORNING.

When dressed, kneel humbly, and place yourself in thought, in the Presence of Almighty God, as directed page 10.

LORD, have mercy upon me.

CHRIST, have mercy upon me.

LORD, have mercy upon me.

O Most Gracious God and Merciful FATHER, I give Thee humble thanks, Who hast protected me, Thine unworthy servant, through the night past, and brought me safely to the beginning of this day; defend me, I beseech Thee, by Thy mighty power; and grant that this day I fall into no sin, neither run into any kind of danger, but that all my doings may be ordered by Thy governance, to do always that is righteous in Thy sight; through JESUS CHRIST our LORD. Amen.

O Almighty LORD and Everlasting God, vouchsafe, I beseech Thee, to direct, sanctify, and govern my heart and body in the ways of Thy law, and in the works of Thy Commandments, that through Thy most mighty protection both here and ever, I may be preserved in body and soul;

through our LORD and SAVIOUR JESUS CHRIST. Amen.

Then call to mind your besetting sin, and pray for grace as at page 15, or if your time be very short say,

Good LORD, for love of Thee, I would this day keep wholly from this sin. [*Name it.*] Thou knowest how weak I am, uphold me by Thy grace when the temptation comes, that I may not fall, or if I fall, bring me back quickly to Thee; for Thy love's sake. Amen.

Our FATHER, &c.

Into Thine hands, O LORD, I commend myself this day and for ever, and with myself, my relations [N. and M.], and all for whom I desire to pray.

Be Thou, O LORD,

Within us, to strengthen us.

Without us, to keep us.

Above us, to protect us.

Beneath us, to uphold us.

Before us, to lead us.

Behind us, to keep us from straying.

Round about us, to defend us.

The blessing of GOD Almighty, the FATHER, the SON, and the HOLY GHOST, be

upon me, and abide in me this day and evermore. Amen.

SHORT NIGHT PRAYERS.

Even if you have very little time, never neglect your self-examination. A few minutes is sufficient. Then say

The Confession.

I confess to GOD the FATHER, to GOD the SON, and to GOD the HOLY GHOST, that I have sinned exceedingly in thought, word, and deed, through my own most grievous fault. [*Then confess to God the sins of the day.*] O GOD, pardon me these sins which I remember, and all those which I have forgotten; have mercy upon me after Thy great goodness, according to the multitude of Thy mercies do away mine offences; make me to hate sin as Thou dost, and to strive against it earnestly, through the merits of the Cross and Passion of Thy dear SON JESUS CHRIST our LORD.

Our FATHER, &c.

I believe in GOD, &c.

O most loving GOD and FATHER, I give Thee humble thanks for all Thy benefits, and for the mercies and comforts of this day, but above all for the most precious Death and Passion of our LORD JESUS CHRIST. Give me, O LORD, love and thankfulness to Thee, true repentance of all my sins, amendment of life and perseverance in Thy service unto the end. Bless my parents, brothers, sisters, and all my relations and friends. Bless the whole Church, and the Clergy. Especially, Good LORD, remember this place and the Clergy of this parish. Comfort the sick, convert poor sinners, supply the needs of those who are hindered from coming to the means of grace; grant us all a merciful judgment at the Last Day, and bring us to those unspeakable joys which Thou hast prepared for them that love Thee and keep Thy commandments; through JESUS CHRIST our LORD. Amen.

Visit, O LORD, this habitation, and drive far from it all snares of the enemy; let Thy holy Angels dwell herein, to preserve us in peace, and let Thy blessing be upon us for ever; through JESUS CHRIST our LORD. Amen.

The Almighty and Merciful LORD, the

42 ANOTHER FORM FOR MORNING.

FATHER, the SON, and the HOLY GHOST, bless and preserve me this night and evermore. Amen.

ANOTHER FORM OF MORNING PRAYER.

In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

Blessed be the Holy and Undivided TRINITY, now, henceforth, and for ever and ever. Amen.

Our FATHER, &c.

I believe in GOD, &c.

I confess to GOD the FATHER Almighty, to His Only-Begotten SON, JESUS CHRIST our LORD, and to GOD the HOLY GHOST, that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Wherefore I beseech Almighty GOD, the FATHER, the SON, and the HOLY GHOST, to have mercy upon me.

May Almighty GOD have mercy upon me, forgive me my sins, and bring me to everlasting life. Amen.

Come, O HOLY SPIRIT, fill the hearts

of Thy faithful and kindle in them the fire of Thy love.

Act of Adoration and Thanksgiving.

O Eternal GOD, FATHER, SON, and HOLY GHOST, the Beginning and End of all things, in Whom we live and move and have our being, I adore Thee with the deepest humility of body and soul. I bless Thee, and give Thee thanks that Thou hast created me out of nothing, made me in Thine own Image and Likeness, capable of loving Thee, and of eternal happiness in Thee, that Thou hast redeemed me with the precious Blood of Thy SON, and sanctified me with Thy HOLY SPIRIT, that Thou hast called me into Thy Church, assisted me by Thy grace, admitted me to Thy Sacraments, watched over me by Thy Providence, blessed me, notwithstanding my sins and unworthiness, with the continuance of Thy gracious protection, and for all the innumerable blessings which I owe to Thine undeserved bounty, especially for Thy merciful preservation of me the night past, and bringing me safely to this present day. What return can I make unto Thee, O my GOD, for all that

44 ANOTHER FORM FOR MORNING.

Thou hast done unto me? I will bless Thy holy Name, and serve Thee all the days of my life. Bless the LORD, O my soul, and all that is within me, bless His holy Name.

Act of Repentance and good Resolution.

O my GOD, how ill have I hitherto lived, how little have I done for Thee. I am heartily sorry for all my waste of Thy grace, and loss of the time which Thou gavest me, in Thy infinite mercy, to be employed in Thy service, and in working out my salvation. O my GOD, I hate all the sins I have committed against Thy Divine Majesty, I am sorry for love of Thee, that I ever offended Thee, because sin is so displeasing to Thee. I love Thee with my whole heart and soul, and I firmly purpose by the help of Thy grace to serve Thee faithfully for the time to come. Receive, I beseech Thee, the remainder of my life. I will now begin, and will endeavour to spend this day according to Thy holy Will. I will carefully avoid the failings to which I am subject [N.] and practise the virtues of my state of life and employment.

An Offering of Yourself.

I offer to Thee, O my God, the Life and Death of Thine Only SON, and in union with them I humbly offer up myself, my soul and body, my thoughts and purposes, my words and actions, my affections and resolutions, my hopes and fears, and sufferings of this day, and of my whole life, in honour of Thy Divine Majesty, in Thanksgiving for Thy Benefits, in repentance for my sins, and in petition for the help of Thy grace, that persevering to the end in doing Thy Holy Will, I may love and enjoy Thee eternally in Thy Glory.

Act of Petition.

Thou knowest, O God, how weak and unable I am to do good. Leave me not to myself, but take me into Thy protection and give me grace faithfully to fulfil these holy resolutions. Enlighten my understanding with a living faith, sustain my will with a firm hope and enkindle in it a fervent charity. Strengthen my weakness and heal the corruption of my heart; grant that overcoming my enemies both visible and invisible, I may make good use of Thy

Grace. Give me the virtue I most want [N.] and vouchsafe to add to these blessings the gift of final perseverance.

Our help is in the Name of the LORD :
Who hath made heaven and earth.

Vouchsafe, O LORD, to keep us this day without sin.

O LORD, have mercy upon us.

Have mercy upon us.

O LORD, let Thy mercy be showed upon us :

As we do put our trust in Thee.

O LORD, hear our prayer :

And let our cry come unto Thee.

O Almighty God, Who alone canst order the unruly wills and affections of sinful men, grant unto Thy servants to love the thing which Thou commandest, and desire that which Thou dost promise; that so among the sundry and manifold changes of the world our hearts may surely there be fixed where true joys are to be found; through JESUS CHRIST our LORD. Amen.

Prevent us, O LORD, in all our doings, with Thy most gracious favour, and further us with Thy continual help; that in all our works begun, continued, and ended in Thee, we may glorify Thy Holy Name, and finally by Thy mercy obtain everlast-

ing life : through JESUS CHRIST our LORD.
Amen.

Then say the "Prayer for the Guardianship of holy Angels," and any other of the Occasional Prayers or Intercessions, further on.

The LORD bless me and preserve me from all evil, and bring me safely to everlasting life. Through JESUS CHRIST our LORD. Amen.

ANOTHER FORM FOR NIGHT.

IN the Name of the FATHER, &c.

Blessed be the Holy and Undivided TRINITY, &c.

Our FATHER, &c.

I believe in GOD, &c.

Come, O HOLY SPIRIT, &c.

Thanksgiving.

O most Gracious GOD, my Creator, Redeemer, Preserver, my only Good, my All ; I thank Thee from my inmost heart for all Thy blessings which this day and through the whole course of my life, Thou

hast so bountifully bestowed upon me so utterly unworthy. Especially I thank Thee for Thy great Glory in the Redemption of the world by our LORD JESUS CHRIST, and for the gift of the Blessed Sacraments. Praise and glory be to Thee from me and from Thine Elect in heaven and earth, and from all Thy creatures for ever and ever. Amen.

Prayer for Light.

O GOD Who searchest the heart and markest all our steps, do Thou enlighten my darkness and show me wherein I have this day gone astray in thought, word, or deed.

Here examine your conscience, going through in your mind the whole course of the day. Consider where you have been, in what company, what you have done, said, and thought—especially examine yourself as to your calling, and your sins both of omission and commission therein. Consider also what progress you have made in rooting out your besetting sin or in gaining the opposite grace.

Confess your sins to GOD; and pray for pardon.

O FATHER of Mercies! Who hast no

pleasure in the death of sinners, look upon me in the multitude of Thy mercies. I have sinned against Thee. [*Name your sins of the day*]. O most Pitiful God, I cast all the offences of this day and of all my life into the ocean of Thine everlasting Love, wherewith Thou hast loved us. I grieve from my inmost heart that I have been so ungrateful for Thy many blessings to me, and have so often offended Thee my God, and all my Good. I beseech Thee by the Death and by the Love of Thy SON JESUS CHRIST, spare me a poor sinner, and of Thine exceeding Mercy forgive me all that I have this day or ever committed against Thee, my neighbour or myself.

Resolution of Amendment.

O Almighty God, before Thee and before¹ all the company of heaven, I firmly resolve to amend my ways, to attend more diligently to my duties, to avoid all sins and the occasions of them. Do Thou Who givest me the will give me also the power to perform, that so I may live soberly,

¹ "Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight."

righteously and godly in this present world, and in the world to come, with all Thy saints may praise Thee eternally.

O LORD, let my prayer come before Thee,

And accept this my evening sacrifice.

Visit, I beseech Thee, O LORD, this habitation, and drive far from it all snares of the enemy; let Thy holy Angels dwell herein to preserve us in peace, and let Thy Blessing be upon us for ever. Through JESUS CHRIST our LORD. Amen.

[General Intercession, page 34.]

Into Thine Hands, O LORD, I commend myself and all my friends, and all that belongs to me. Thou hast given them unto me, O LORD, in Thy goodness; grant us to pass through this night without danger and without fear, awaken me at a fitting time, the time of prayer, and grant me to rise and seek Thee early for Thy glory and Thy Service. Amen.

May the Blessing of Almighty GOD, the FATHER, the SON, and the HOLY GHOST be upon me and abide with me this night and evermore. Amen.

SHORT PRAYERS AND HYMNS,

WHICH MAY BE SAID AT ANY TIME WHILST
AT WORK.

“ Let the words of my mouth, and the meditation of my heart, be always acceptable in Thy sight.”

The more busy we are the more necessary it is not to be wholly taken up with our business, but amid it all to find a place for thoughts of GOD and of our endless life with Him in Heaven.

There are those “ in every station of life whose bodies perhaps are busied about the meanest occupations, but their thoughts are on Him the Most High. A man employed in sweeping the streets was overheard speaking to his fellow out of the latter chapters of the Revelation, which he had learnt, of ‘ the streets of pure gold.’ ‘ What comfort could I have,’ he said, ‘ but in thinking of them ? ’ ”

It is also a remedy against evil thoughts to accustom yourself to lift up your heart to GOD out of what you see and hear in your daily round and your daily work. For example, let the song of birds remind you of the never-ending songs of Paradise,

or flowing water that your life is hastening to its close; winds and storms of the Day of Judgment; the sky of God's Love "embracing all." When you see hay or a manger, think of the Holy Child JESUS in the stable of Bethlehem. When you see tools, think of our LORD working as a carpenter at Nazareth! or thorns, or nails, or a lamb, of His Agony and Precious Death.

So may everything be a help to you in learning to pray. Those pray best who pray oftenest. It is the infrequency of prayer which makes it so difficult. He whose thoughts most rise to God amid his daily business, will find them rise most easily to Him at the times when prayer itself is his business. People can sing at their work, and feel themselves refreshed by it. Why not one of the "Songs of Sion?" People would often pray if they knew what to pray. Therefore have some verse of a psalm or hymn, or passage of Holy Scripture, or some short prayer, to use at any moment of leisure. And so will you have God more in your heart, and pray more heartily at the times of fuller prayer, as not having had your thoughts estranged from Him during the day.

Note.—These short prayers are not intended to be said one after another. One of them might be chosen for a day and used from time to time, as when the clock strikes, or at any break. But always remember, you are free to use any prayers. These are but examples to help you.

O my God, teach me to love Thee, teach me to serve Thee.

LORD, I offer myself to Thee, with all that I am and have, to be in all what Thou wouldest have me.

LORD, I offer to Thee this work, or words, or suffering, in union with Thine Infinite Merits.

Not my will, but Thine be done.

LORD, be Thou my Keeper, and keep me from sin.

Good JESU, let nothing in life or death ever separate me from Thee.

Good LORD, grant that I may not die unprepared to meet Thee.

O JESU, SAVIOUR, Who camest to seek and to save that which was lost, save me.

Wash me more and more from my wickedness, and cleanse me from my sin.

In Temptation.

O GOD, make speed to save me. LORD, help me. Leave me not to myself.

Sometimes in thought of our Lord's five Blessed Wounds, say five times,

LORD JESU, make me sorry from my heart, for love of Thee, that ever I offended Thee.

Good LORD, give me Thy Love and Thy Grace.

In Discontent.

LORD, I accept what it is Thy Blessed Will to give me. Thanks be to GOD.

In Spiritual Deadness, and when conscious of falling back in religion.

“What meanest thou, O sleeper? arise, call upon thy GOD.”

O LORD, revive Thy work in me.

O LORD, renew a right spirit within me.

My soul cleaveth unto the dust. O quicken Thou me in Thy way.

Thou Who didst call forth Lazarus from the grave, quicken my soul, and bid it come forth into newness of life.

Often in thought of God's Presence.

“Thou GOD seest me.”

Blessed be the Name of the LORD JESUS from this time forth for evermore.

In Sorrow.

“He hath done all things well.”

“I am Thine. Thy Will be done.”

Your own heart and your own wants will supply you with many other little prayers of this kind.

THE PSALMS

indeed are the best prayers, and are especially suited to the wants of Christians

in every circumstance and state of mind. You should learn them by heart, and you would find them a comfort and companion at all times. "Is any among you sad? let him pray. Is any merry? let him sing Psalms."

The Seven Penitential Psalms express sorrow for sin, and are appointed by the Church for Ash Wednesday. You might learn them, especially the 51st and the 130th.

Psalm 119 has always been a great favourite. Each verse speaks to God.

Psalm 103 is a Psalm of Thanksgiving. Then there are Psalms 15, 23, 27, 34, 43, 84, 139, and many others. You can choose for yourself. Some of the Psalms refer to the enemies of our LORD and His Church, as the 109th, and you may apply them also to your own spiritual enemies.

Psalm 22 is the Psalm of the Passion. Indeed all the Psalms relate to CHRIST, and as you learn to look for Him in them, you will find them a mine of interest and comfort which you can never exhaust.

HYMNS.

JESUS, MY GOD AND MY ALL.

HYMN I.

“Thou shalt call His Name JESUS ; for He shall save His people from their sins.”

JESU, the very thought of Thee
With sweetness fills my breast ;
But sweeter far Thy Face to see,
And in Thy Presence rest.

Nor voice can sing, nor heart can frame,
Nor can the memory find,
A sweeter sound than Thy blest Name,
O SAVIOUR of mankind !

O Hope of every contrite heart,
O Joy of all the meek ;
To those who fall, how kind Thou art,
How good to those who seek !

But what to those who find ? Ah this
Nor tongue nor pen can show ;
The Love of JESUS, what it is,
None but His loved ones know.

O JESU ! Light of all below,
Thou Fount of life and fire,
Surpassing all the joys we know,
All that we can desire.

May every heart confess Thy Name,
And ever Thee adore ;

And loving Thee, itself inflame
To love Thee more and more.

JESU ! our only Joy be Thou,
As Thou our Prize wilt be ;
JESU ! be Thou our Glory now,
And through eternity.

HYMN II.

“ Having loved His own which were in the world,
He loved them unto the end.”

My JESU ! wherefore didst Thou love
Such worthless things as we ?
Why is Thy Heart still set on us,
Who seldom think on Thee ?

Thy Bounty gives us all we have,
And we Thy Gifts abuse ;
Thy Bounty gives us even Thyself,
And we Thyself refuse.

Alas ! dear LORD, I cannot love,
Unless Thou draw my heart—
Thou, Who so kindly mak'st me know,
O make me do my part.

Still do Thou love me, O my LORD,
That I may still love Thee ;
Still make me love Thee, O my GOD,
That Thou mayest still love me.

Thus may my GOD and my poor soul
Still one another love,
Till I depart from this low world
To enjoy my GOD above.

THURSDAY.

*(The day of the week upon which our Blessed Lord
instituted the Holy Communion.)*

“LORD, evermore give us this Bread.”

Sing we that blest Body broken,
Giv'n to be our heavenly food ;
And the Word Almighty spoken,
Which hath made the wine His Blood,
His true Presence to betoken,
And our holy brotherhood.

Born for us, and for us given,
Of a Virgin undefil'd.
Scattering precious seed from Heaven,
Sojourn'd He in this world's wild ;
And on that remember'd even,
His appointed course fulfill'd.

Meekly to the law complying,
He had finish'd its commands,
And to them, at supper lying,
Gave Himself, with His own Hands ;
A memorial of His dying,
Hence to be unto all lands.

'Tis His Word to our receiving
Makes the bread His Flesh to be,
And the wine, our sins relieving,
Blood that flow'd upon the Tree ;
Though not seeing, yet believing,
Take we the Great Mystery.

Unto this His Presence veiled,
Draw we near with *hearts* bowed low,
All that Ancient rites entailed
Yield to higher blessings now;
Earthly touch and sight have failed—
Faith adores, nor questions *how*. Amen.

FRIDAY.

*(Which we observe every week in Memory of
GOOD FRIDAY.)*

HYMN I.

“That I may know Him, and the power of His
Resurrection, and the fellowship of His sufferings,
being made conformable unto His Death.”

Sweet the moments, rich in blessing,
Which before the Cross I spend;
Life and health, and peace possessing,
From the sinner's dying Friend.
Here I'll kneel, for ever viewing
Mercy's streams in streams of Blood;
Precious drops, my soul bedewing,
Plead and claim my peace with God.

Love and grief my heart dividing,
With my tears His Feet I'll bathe;
Constant still in faith abiding,
Life deriving from His Death.
May I still enjoy this feeling;
In all need to JESUS go;
Prove His Wounds each day more healing,
And Himself more fully know.

Truly blessed is the station,
Low before His Cross to lie,
While I see Divine compassion
Floating in His languid Eye.
LORD, in ceaseless contemplation,
Fix my heart and eyes on Thine,
Till I taste Thy whole salvation,
Where unveil'd Thy glories shine.

HYMN II.

“He was wounded for our transgressions, He was bruised for our iniquities : the chastisement of our peace was upon Him ; and with His stripes we are healed.”

“In Whom we have redemption through His Blood, the forgiveness of sins.”

O'erwhelmed in depths of woe,
Upon the Tree of scorn
Behold the SAVIOUR of mankind,
With racking anguish torn.

See ! how the nails those Hands
And Feet so tender rend ;
See ! down His Face, and Neck, and Breast
His sacred Blood descend.

Hark ! with what awful cry
His Spirit takes its flight ;
That cry, it pierced His mother's heart,¹
And whelmed her soul in night.

¹ “A sword shall pierce through thine own soul also.”

The sun withdraws his light ;
The mid-day heaven grows pale ;
The moon, the stars, the universe,
Their Maker's death bewail.

Shall man alone be mute ?
Come, youth and hoary hairs !
Come rich and poor, come, all mankind,
And bathe those Feet in tears.

Come ! fall before His Cross,
Who shed for us His Blood ;
Who died the Victim of pure love,
To make us sons of God.

THOU ART A PLACE TO HIDE ME IN.

“ In that day there shall be a Fountain opened
for sin and for uncleanness.”

“ One of the soldiers with a spear pierced His
Side, and forthwith came thereout Blood and Water.”

Rock of Ages ! cleft for me,
Let me hide myself in Thee ;
Let the Water and the Blood,
From Thy Wounded Side which flow'd,
Be of sin the double cure ;
Save from wrath, and make me pure.

Nothing in my hand I bring,
Simply to Thy Cross I cling,
Could my tears for ever flow,
Could my zeal no languor know,
All for sin could not atone :
Thou must save, and Thou alone.

While I draw this fleeting breath,
When mine eyelids close in death,
When I rise to worlds unknown,
See Thee on Thy Judgment Throne,
Rock of Ages ! cleft for me,
Let me hide myself in Thee.

THE TRUE SHEPHERD.

“ He goeth after that which is gone astray until
He findeth it.”

I was wandering and weary,
When my SAVIOUR came unto me ;
For the ways of sin grew dreary,
And the world had ceased to woo me :
And I thought I heard Him say,
As He came along His way,
O silly souls ! come near Me ;
My sheep should never fear Me ;
I am the Shepherd true !

At first I would not hearken,
And put off till the morrow ;
But life began to darken,
And I was sick with sorrow ;
And I thought I heard Him say,
As He came along His way,
O silly souls ! come near Me, &c.

At last I stopped to listen,
His voice could not deceive me ;
I saw His kind eyes glisten,
So anxious to relieve me :

And I thought I heard Him say,
As He came along His way,
O silly souls ! come near Me, &c.

He took me on His Shoulder,
And tenderly He kissed me ;
He bade my love be bolder,
And said how He had missed me ;
And I'm sure I heard Him say,
As He went along His way,
O silly souls ! come near Me, &c.

I thought His love would weaken,
As more and more He knew me ;
But it burneth like a beacon,
And its light and heat go through me.
And I ever hear Him say,
As He goes along His way,
O silly souls, come near Me, &c.

Let us do, then, dearest brothers,
What will best and longest please us ;
Follow not the ways of others,
But trust ourselves to JESUS.
We shall ever hear Him say,
As He goes along His way—
O, silly souls, come near Me ;
My sheep should never fear Me ;
I am the Shepherd true.

MORNING HYMN.

“ O hold Thou up my goings in Thy paths, that my footsteps slip not.”

The star of morn to night succeeds,
We therefore meekly pray,
May GOD in all our words and deeds
Keep us from harm this day.

May He in love restrain us still
From tones of strife and words of ill,
And wrap around and close our eyes
To earth's absorbing vanities.

May wrath and thoughts that gender shame
Ne'er in our breasts abide,
And humble abstinences tame
Of wanton flesh the pride.

So when the weary day is o'er
And night and stillness come once more,
Blameless and clean from spot of earth
We may repeat, with reverent mirth :

Praise to the FATHER, as is meet,
Praise to the Only SON,
Praise to the Holy Paraclete,¹
While endless ages run.

Amen.

¹ Paraclete means *Comforter*.

EVENING HYMN.

“Abide with us ; for it is toward evening, and the day is far spent.”

Sun of my soul, Thou SAVIOUR dear,
It is not night if Thou be near ;
Oh, may no earth-born cloud arise,
To hide Thee from Thy servant's eyes.

Through life's long day and death's dark
night,

O gentle JESUS ! be our Light !

Abide with me from morn till eve,
For without Thee I cannot live :
Abide with me when night is nigh,
For without Thee I dare not die.

Through life's long day, &c.

When the soft dews of kindly sleep,
My wearied eyelids gently steep ;
Be my last thought how sweet to rest,
For ever on my SAVIOUR's breast.

Through life's long day, &c.

Come near and bless us when we wake,
Ere through the world our way we take ;
Till in the ocean of Thy love,
We lose ourselves in heaven above.

Through life's long day, &c.

Hymns for the Festivals of the Church ADVENT,

OR THE COMING OF THE LORD.¹

“ This same JESUS, which is taken up from you into heaven, shall so come in like manner as ye have seen Him go into heaven. And every eye shall see Him, and they also which pierced Him.”

“ And, behold, I come quickly ; and My reward is with Me, to give every man according as his work shall be.”

Lo, He comes ! with clouds descending,
Once for favour'd sinners slain,
Thousand thousand saints attending,
Swell the triumph of His train ;
Alleluia !

JESUS comes, and comes to reign.

Every eye shall now behold Him
Robed in dreadful majesty ;
Those who set at nought and sold Him,
Pierced and nailed Him to the tree,
Deeply wailing,
Shall the true MESSIAH see.

¹ [1. In great humility, at His Birth, in our nature to be our Redeemer.

2. In His glorious Majesty, at the end of the world to be our Judge.

Prepare earnestly for His Coming to you in the Holy Communion at Christmas.

Instruction upon the Festivals will be given in Part II. of this manual.]

Those dear tokens of His Passion
Still His dazzling Body bears,
Cause of endless exultation
To His ransom'd worshippers ;
With what rapture
Gaze we on those glorious scars.

Blest Redemption, long expected,
See in solemn pomp appear,
All His saints, by men rejected,
Rise to meet Him in the air ;
Alleluia !
See the SON of GOD appear !

Yea, Amen ; let all adore Thee
High on Thine eternal Throne ;
SAVIOUR ! worlds bow down before Thee,
Make Thy righteous sentence known.
O, come quickly,
Claim the kingdoms for Thine own.

CHRISTMAS DAY.

“ Great is the mystery of godliness. God manifest in the Flesh.”

HYMN I.

“ Unto you is born this day a SAVIOUR, which is CHRIST the LORD.”

Ye faithful, approach ye,
Joyfully triumphing ;
O come ye, O come ye to Bethlehem ;

Come and behold Him
 Born the King of Angels :
 O come let us adore Him,
 O come let us adore Him,
 O come let us adore Him, CHRIST the LORD.
 God of God,
 Light of Light,
 Lo, He abhors not the Virgin's womb ;
 Very God,
 Begotten, not created ;
 O come, let us adore Him, &c.
 Sing, choirs of Angels,
 Sing in exultation,
 Sing, all ye citizens of heav'n above,
 Glory to God
 In the highest :
 O come, let us adore Him, &c.
 Yea, LORD, we greet Thee,
 Born this happy morning ;
 JESU, to Thee be glory giv'n,
 WORD of the FATHER,
 Late in Flesh appearing :
 O come, let us adore Him, &c.

HYMN II.

“Unto us a Child is born; unto us a Son is given.”

Hark ! the herald Angels sing
 Glory to the new-born King !
 Peace on earth, and mercy mild,
 God and sinners reconcil'd !
 Joyful all ye nations rise,
 Join the triumph of the skies ;

With the Angelic host proclaim,
CHRIST is born in Bethlehem !
Hark ! the herald Angels, &c.

CHRIST, by highest Heav'n ador'd,
CHRIST the everlasting LORD,
Late in time behold Him come,
Offspring of a Virgin's womb !
Veil'd in flesh the Godhead see,
Hail, the Incarnate Deity ;
Pleas'd as man with man to dwell,
JESUS our Emmanuel.
Hark ! the herald Angels, &c.

Hail the heav'n-born Prince of Peace !
Hail the Sun of Righteousness !
Light and life to all He brings,
Ris'n with healing in His wings.
Mild He lays His glory by,
Born that men no more may die :
Born to raise the sons of earth,
Born to give them second birth !
Hark ! the herald Angels, &c.

THE CIRCUMCISION.

“ Lo ! I come, to do Thy Will, O God.”

“ And when eight days were accomplished for
the circumcising of the Child, His Name was called
JESUS, which was so named of the Angel.”

“ At the Name of JESUS every knee shall bow.”

Oh, Blessed Day when first was poured
The Blood of our Redeeming LORD ;

Oh, Blessed Day when first began,
His Sufferings for sinful man.

Just entered on this world of woe,
His infant Blood begins to flow ;
His future Death was thus expressed ;
And thus His early Love confessed.

From Heaven descending to fulfil,
The bidding of His FATHER's Will ;
E'en now behold the Victim lie,
The LAMB of GOD prepared to die.

For love of us His Woes begin,
The Sinless suffers for our sin ;
For captives He the ransom pays,
For lawless man, the Law obeys.

LORD, circumcise our hearts, we pray,
And take what is not Thine away ;
Thy Name, Thy Likeness, may they bear,
Yea, stamp Thy Holy Image there.

EPIPHANY.

“The Gentiles shall come to Thy light, and kings to the brightness of Thy rising.”

“And lo, the Star which they saw in the east went before them, till it came and stood over where the young Child was.”

Praise GOD, Who sent His guiding star
To shed its radiant beams afar,
Heaven's herald, sent on earth to tell,
That GOD made Flesh on earth doth dwell.

Where all in Gentile darkness lay,
The Eastern princes track'd its ray ;
And while in faith they journey'd on,
O'er Bethlehem's lowly walls it shone.

First-fruits of all the Gentile race,
They sought the SAVIOUR'S resting-place ;
And worshipp'd, with their costly store,
Their new-born LORD, unknown before.

Pure incense for their GOD they bring,
With royal gold salute their King,
With spices rare, and fragrant myrrh,
They shadow forth His sepulchre.

O, while the star of heavenly grace
Invites us, too, to seek His Face,
May we no more that grace repel,
Or quench that light which shines so well !

But may we too, with off'rings meet,
Be found at our Redeemer's Feet,
Our hearts' best homage let us give,
To Him Whose mercy bids us live.

All glory, LORD, to Thee we pay
For Thine Epiphany to-day,
Whom with the FATHER we adore
And HOLY GHOST for evermore.

THE PRESENTATION OF CHRIST IN THE TEMPLE,

COMMONLY CALLED

THE PURIFICATION OF S. MARY THE
VIRGIN.

“ And when the days of her purification, according to the Law of Moses, were accomplished, they brought Him to Jerusalem, to present Him to the LORD.”

“ CHRIST hath loved us, and hath given Himself for us an Offering and a Sacrifice to GOD for a sweet-smelling savour.”

Sion, open wide thy gates,
CHRIST before His Temple waits,
Types and shadows disappear,
Priest and Victim, CHRIST is here.

Flocks and herds shall bleed no more,
Altars reek not as before,
Now the Everlasting SON
Comes as Man for man to atone.

Simeon's aged eyes behold,
Anna hails the Hope foretold,
Awe and joy around are spread
By that Heavenly Presence dread.

Silent kneels the Mother blest,
Pondering all things in her breast,
Solemn thoughts by man unheard
Fitly greet the Silent WORD.

THE ANNUNCIATION OF THE BLESSED VIRGIN MARY.

HYMN I.

“For, behold, from henceforth, all generations shall call me blessed.”

“The WORD was made Flesh, and dwelt among us.”

Praise we the LORD this day,
This day so long foretold,
Whose promise shone with cheering ray
On waiting saints of old.

The Prophet gave the sign
For faithful men to read,
“A Virgin born of David’s line
Shall bear the promised Seed.”

The Angel spake the word,
“Hail, thou of women blest !”
From highest Heaven the Godhead came
And filled her Virgin breast.

Meekly she bowed her head,
To hear the gracious word,
Mary the humble holy Maid,
The favoured of the LORD.

Blessed shall be her name
In all the Church on earth,
Through whom this wondrous mercy came,
The Incarnate SAVIOUR’s Birth.

HYMN II.

“ When Thou tookest upon Thee to deliver man,
Thou didst not abhor the Virgin’s womb.”

Virgin-born!¹ we bow before Thee,
Blessed was the womb that bore Thee,
Mary, Maid and Mother mild,
Blessed was she in her Child.

Blessed was the breast that fed Thee,
Blessed was the hand that led Thee,
Blessed was the parent’s eye,
That watched Thy slumbering infancy.

Blessed she by all creation,
Who brought forth the world’s Salvation ;
And blessed they—for ever blest,
Who love Thee most and serve Thee best.

Virgin-born ! we bow before Thee,
Blessed was the womb that bore Thee,
Mary, Maid and Mother mild,
Blessed was she in her Child.

Note.—This Hymn may be used also on the
VISITATION OF THE BLESSED VIRGIN MARY,
July 2.

“ And Mary arose in those days, and went into
the hill country with haste, into a city of Juda ;
and entered into the house of Zacharias, and sa-
luted Elizabeth.” Read S. Luke i. 39—57.

¹ Virgin-born means, “ Thou Who wast born of
the Virgin” JESUS our LORD.

LENT.

“ Now, saith the LORD, turn ye even to Me with all your heart, and with fasting, and with weeping, and with mourning.”

HYMN I.

“ Let us search and try our ways, and turn again to the LORD.”

Once more the solemn Season calls,
A holy Fast to keep ;
And bids within the sacred walls,
Both priest and people weep.

But come not there with tears alone,
Or outward form of prayer,
But let it in thy heart be known
That penitence is there.

Thy breast to beat, thy clothes to rend,
God asketh not of thee ;
Thy stubborn soul He bids thee bend,
In true humility.

We smite the breast, we weep in vain,
In vain we fast and mourn,
Unless with penitential pain,
The smitten soul be torn.

O, let us, then, with heartfelt grief,
Draw near unto our God,
And pray to Him to grant relief,
And stay the uplifted rod.

O Righteous Judge, if Thou wilt deign
To grant us all we need,
We pray for time to turn again
For grace to turn indeed.

HYMN II.

THE LAMENTATION OF A SINNER.

“With the LORD there is mercy, and with Him
is plenteous redemption.”

O LORD, turn not Thy Face from me,
Who lie in woeful state,
Lamenting all my sinful life
Before Thy mercy-gate ;

A gate which opens wide to those
That do lament their sin :
Shut not that gate against me, LORD,
But let me enter in.

And call me not to strict account,
How I have sojourn'd here ;
For then my guilty conscience knows
How vile I shall appear.

So come I to Thy mercy-gate,
Where mercy doth abound,
Imploring pardon for my sin,
To heal my deadly wound.

O LORD, I need not to repeat
The comfort I would have :
Thou know'st, O LORD, before I ask,
The blessing I do crave.

Mercy, good LORD, mercy I ask,
This is the total sum ;
For mercy, LORD, is all my suit ;
LORD, let Thy mercy come !

HYMN III.

“ And being in an Agony He prayed more earnestly ; and His Sweat was as it were great drops of Blood, falling down to the ground.”

My GOD ! my GOD ! and can it be
That I should sin so lightly now,
And think no more of evil thoughts
Than of the wind that waves the bough ?

I sin, and heaven and earth go round,
As if no dreadful deed were done,
As if GOD's Blood had never flowed
To hinder sin, or to atone.

I walk the earth with lightsome step,
Smile at the sunshine, breathe the air,
Do my own will, nor ever heed
Gethsemane and Thy long prayer.

Shall it be alway thus, O LORD ?
Wilt Thou not work this hour in me
The grace Thy Passion merited,
Hatred of self and love of Thee ?

O by the pains of Thy pure love,
Grant me the gift of holy fear ;
And give me of Thy Bloody Sweat
To wash my guilty conscience clear !

Ever when tempted, make me see,
 Beneath the olive's moon-pierced shade,
 My GOD, alone, outstretched, and bruised,
 And bleeding, on the earth He made.

And make me feel it was my sin,
 As though no other sins there were,
 That was to Him Who bears the world
 A load that He could scarcely bear.

For GOOD FRIDAY, see the Hymns for Friday,
 page 59.

EASTER.

“This is the day which the LORD hath made :
 we will rejoice and be glad in it.”

HYMN I.

“He is risen, as He said.”

JESUS CHRIST is risen to-day,	Alleluia !
Our triumphant holy day ;	Alleluia !
Who did once, upon the Cross,	Alleluia !
Suffer to redeem our loss.	Alleluia !

Hymns of praise then let us sing,	Alleluia !
Unto CHRIST our heavenly King ;	Alleluia !
Who endur'd the Cross and Grave,	Alleluia !
Sinners to redeem and save.	Alleluia !

But the pains which He endur'd	Alleluia !
Our salvation hath procur'd ;	Alleluia !
Now above the sky He's King,	Alleluia !
Where the Angels ever sing,	Alleluia !

HYMN II.

"I am He that liveth, and was dead ; and, behold, I am alive for evermore, Amen ; and have the keys of hell and of death."

JESUS lives ! no longer now
Can thy terrors, death, appal us ;
JESUS lives ! and this we know,
Thou, O grave, canst not enthrall us.
Alleluia !

JESUS lives ! henceforth is death
But the gate of life immortal ;
This shall calm our trembling breath
When we pass its gloomy portal.
Alleluia !

JESUS lives ! for us He died :
Then alone to JESUS living,
Pure in heart may we abide,
Glory to our SAVIOUR giving.
Alleluia !

JESUS lives ! our hearts know well,
Nought from us His love shall sever,
Life, nor death, nor powers of hell
Tear us from His keeping ever.
Alleluia !

JESUS lives ! to Him the throne
Over all the world is given :
May we go where He is gone,
Rest and reign with Him in Heaven.
Alleluia !

ASCENSION DAY.¹

“ If ye loved Me ye would rejoice, because I go
unto My FATHER.”

HYMN I.

“ He ever liveth to make intercession for us.”

Hail ! the day that sees Him rise,
Glorious to His native skies !
CHRIST, awhile to mortals given,
Enters now the highest heaven. Alleluia.

Thee the glorious triumph waits—
Lift your heads, eternal gates !
CHRIST has vanquish'd death and sin,
Take the King of Glory in. Alleluia.

¹ The day of our Blessed LORD'S Ascension is appointed by the Church to be kept holy *equally* with Christmas Day and the other Great Festivals of our Redemption. Those who are not masters of their own time may be unable to be present at the Public Service; but all Christians who *can*, will surely not fail to join with the Church in celebrating their SAVIOUR'S triumphant return to the Glory He left for them, and in worshipping Him Who on this day “ ascended into Heaven to prepare a place for us, that where He is, thither we might also ascend and reign with Him in glory.” [See Proper Preface for the Holy Communion.]

Lo ! the Heaven its LORD receives,
Yet He loves the earth He leaves ;
Though returning to His Throne,
Still He calls mankind His own. Alleluia.

Still for us He intercedes,
His prevailing Death He pleads,
Near Himself prepares our place,
First-fruits of the human race. Alleluia.

O though parted from our sight,
Far above the starry height,
Grant our hearts may thither rise,
Seeking Thee above the skies. Alleluia.

HYMN II.

“When Thou hadst overcome the sharpness of death : Thou didst open the Kingdom of Heaven to all believers. Thou sittest at the right hand of GOD : in the Glory of the FATHER.”

JESU ! our Hope, our hearts' desire,
Redemption's only spring !
Creator of the world art Thou,
Its SAVIOUR and its King.

How vast the mercy and the love,
Which laid our sins on Thee,
And led Thee to a cruel death,
To set Thy people free !

But now the bonds of death are burst,
The Ransom has been paid :
And Thou art on Thy FATHER's Throne,
In glorious robes arrayed.

O may Thy mighty love prevail,
Our sinful souls to spare !
O may we come before Thy throne,
And find acceptance there !

JESU ! be Thou our present joy,
Our future great Reward !
Our only glory may it be,
To glory in the LORD !

WHIT-SUNDAY.

“ I will pray the FATHER, and He shall give you another Comforter, that He may abide with you for ever.”

“ The love of GOD is shed abroad in our hearts by the HOLY GHOST Which is given unto us.”

Come, HOLY GHOST, our souls inspire,
And lighten with celestial fire :
Thou the anointing SPIRIT art,
Who dost Thy seven-fold gifts impart.
Thy blessed Unction from above,
Is comfort, life, and fire of love,
Enable with perpetual light
The dulness of our blinded sight.
Anoint and cheer our soiled face
With the abundance of Thy grace :
Keep far our foes, give peace at home :
Where Thou art guide, no ill can come.
Teach us to know the FATHER, SON,
And Thee of Both to be but One :

That through the ages all along,
This may be our endless song :
Praise to Thine eternal merit,
FATHER, SON, and HOLY SPIRIT.

Collect for Whit Sunday.

THE MOST HOLY TRINITY.

“ And the Catholic Faith is this : that we worship
one GOD in TRINITY, and TRINITY in Unity.”

Holy, holy, holy, LORD GOD Almighty !
Early in the morning our song shall rise to Thee,
Holy, holy, holy ! merciful and mighty !
God in Three Persons, blessed Trinity !

Holy, holy, holy ! all the saints adore Thee,
Casting down their golden crowns around the
glassy sea ;
Cherubim and seraphim falling down before Thee,
Which wert, and art, and evermore shalt be !

Holy, holy, holy ! though the darkness hide Thee,
Though the eye of sinful man Thy glory may not
see,
Only Thou art holy, there is none beside Thee,
Perfect in power, in love, and purity !

Holy, holy, holy, LORD GOD Almighty !
All Thy works shall praise Thy Name in earth,
and sky, and sea,
Holy, holy, holy ! merciful and mighty,
God in Three Persons, blessed Trinity !

THE TRANSFIGURATION OF OUR LORD.

“JESUS was transfigured before them : and His face did shine as the sun, and His raiment was white as the light.” Read S. Matt. xvii. 1—8.

How tenderly, how patiently,
JESU, Thou winnest souls to Thee :
Now for our sakes¹ as GOD revealed,
Now in deep lowliness concealed.

By the same Voice which JESUS owns,
We too are all adopted sons ;²
The glory which in Him we see,
Is pledged to us eternally.³

That this our portion blest may be,
We lift our prayer, O LORD, to Thee,
That to Thy servants Thou wouldst give
Thy grace in holiness to live.⁴

JESU, Whom now on earth we see
Through faith's dark glass imperfectly,
Vouchsafe to bring us by Thy grace
To see Thy glory face to face. Amen.

¹ S. John xii. 30. ² Ephes. i. 6.

³ 1 Cor. xv. 49. Phil. iii. 21 ² S. Pet. i. 4.

⁴ 1 S. John iii. 1, 2, 3. (On this day say the
Collect for the Sixth Sunday after the Epiphany.)
1 S. Pet. iv. 13. Rom. viii. 16, 17.

S. MICHAEL AND ALL ANGELS.¹

“Blessed art Thou, O God, and blessed is Thy Name for ever ; and blessed are all Thine holy angels.”

O JESU ! Life-spring of the soul,
The FATHER'S Power and Glory bright !
Thee with the Angels we extol,
From Thee they draw their life and light.

Ten thousand thousand hosts² are spread
Embattled o'er the starry sky,
But Michael bears Thy Standard dread
And lifts the mighty Cross on high.

He in that sign the rebel powers
Did with their dragon prince expel,
And hurled them from the courts of Heaven
Down to the dark abyss of hell.

Grant us, with Michael, still, O LORD,
Against the Prince of Pride, to fight ;
So may a crown be our reward
Before the LAMB'S pure Throne of Light.
Amen.

¹ “Michael your Prince.” See Dan. xii. 1. S. Jude 9. S. Luke i. 19. Tobit xii. 15. (See Rev. viii. 3, 4.)

² Ps. lxxviii. 17. Isa. vi. 1, 2, 3. Dan. vii. 10. Rev. v. 11, vii. 11.

NOTE ON THE MINISTRY OF HOLY ANGELS.

“Are they not all ministering spirits, sent forth to minister for them who shall be heirs of salvation ?”—See Ps. ciii. 20, 21 ; xxxiv. 7 ; and xci. 11. S. Matt. xviii. 10. S. Luke xvi. 22. S. Mark xiii. 27. Dan. vi. 22. Acts xii. 7, &c. &c.

A HYMN FOR SAINTS' DAYS.

“Brethren, be followers together of me,
even as I also am of CHRIST, and mark
them which walk so as ye have us for an ensample.”

God hath two families of love,
In earth below, and heaven above;
One is in battle, sharp and sore,
And one in bliss for evermore.

The Holy Church on earth must fight
Against the devil and his might;
The Church in heaven with war hath done,
Yet these two Churches both are one.

For they who lov'd their SAVIOUR here,
And died in GOD's true faith and fear,
Have join'd the glorious Church on high,
And reign with it beyond the sky.

We thank Thee, LORD, for that high grace,
Which led them to such blessed place;
O teach us so to live, that we
May follow them, as they did Thee.

Teach us to think on them with love,
Until Thou callest us above
To see Thee as Thou art, and bow
Before Thy throne, as they do now.

On these Festivals say the Collect for All Saints'
Day.

SHORT PRAYERS FOR THE CHRISTIAN HOURS.

NINE, TWELVE, AND THREE O'CLOCK.

Besides prayer "in the Evening, and Morning, and at Noon-day," which should be the aim of every Christian, some persons may have leisure to fix other times of the day for Prayer.

The hours of the mysteries of our Redemption were once generally observed, and it is to be wished that they were so now by all Christians according to their leisure. The chief of these are the 3rd hour, or nine o'clock; the 6th, or twelve; and the 9th, or three o'clock. These "were from the first allotted to Prayer, that while we are perhaps intent upon other business and might forget our duties towards God, the very hour when it comes may put us in mind thereof"—and it is a great help to offer up our devotions in particular remembrance of the great things which God did for us at those times.

The observance of these three daily Hours is recognised in Holy Scripture; "They were all with one accord in one place" . . . at "the THIRD HOUR of the day." "Peter went up upon the housetop to pray about the SIXTH HOUR." "Peter and John went up together into the temple at the *Hour of Prayer*, being the NINTH HOUR." At the 3rd hour we commemorate the gift of the HOLY GHOST; at the

6th, the Crucifixion of our Blessed LORD; at the 9th, His Death upon the Cross.

It would hinder no work (however busy any one might be) for all people at these hours to use at least the LORD's Prayer in thought of their Redeemer's exceeding love.

Or you might say mentally,

At the Third Hour (about 9 o'clock.)

THE HOUR OF THE DESCENT OF THE HOLY GHOST.

O GOD, make speed to save us.

O LORD, make haste to help us.

O Thou Who at the Third Hour didst send down the HOLY GHOST upon Thine Apostles, take not away the same Spirit from us, but renew Him daily in our hearts and fill them with love.

And save us, good LORD.

Our FATHER, &c.

Glory be to the FATHER, &c.

As it was in the beginning, &c.

At the Sixth Hour (about 12 o'clock.)

THE HOUR OF THE CRUCIFIXION.

O GOD, make speed to save us.

O LORD, make haste to help us.

O Thou Who at the Sixth Hour didst nail the sins of the whole world to the same Cross with Thyself, blot out the handwriting of our offences which is against us :

And save us, good LORD.

Our FATHER, &c.

Glory be to the FATHER, &c.

As it was in the beginning, &c.

At the Ninth Hour (3 o'clock.)

THE HOUR OF THE DEATH OF OUR LORD.

O GOD, make speed to save us.

O LORD, make haste to help us.

O Thou Who at the Ninth Hour for us sinners and for our sins didst taste death; hear us, who remember Thy Precious Death and Passion, when we cry unto Thee at this solemn hour of prayer, and destroy in us whatever is contrary to Thy Will:

And save us, good LORD.

Our FATHER, &c.

Glory be to the FATHER, &c.

As it was in the beginning, &c.

*A Prayer which may be said at these Hours,
according to opportunity.*

We beseech Thee, O LORD, pour Thy grace into our hearts; that, as we have known the Incarnation of Thy SON JESUS CHRIST by the message of an angel, so by His Cross and Passion we may be brought unto the glory of His Resurrection; through the same JESUS CHRIST our LORD. *Amen.*

NOTE.—To those who have more leisure the "Pocket Manual of Prayers," published by Mr. Masters, may be recommended.

OF INTERCESSION.

Besides praying for ourselves we are expressly enjoined to pray for each other.

“Pray one for another.” “The effectual fervent prayer of a righteous man availeth much.” “I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men: For kings and all that are in authority: that we may lead a quiet and peaceable life in all godliness and honesty. For this is good and acceptable in the sight of GOD our SAVIOUR: Who will have all men to be saved, and to come to the knowledge of the truth.”

There is no greater exercise of Christian love, than to pray for others, and it brings a blessing also upon ourselves. You may do so more particularly at these hours of prayer—as well as using the general Intercessions Morning and Evening.

SPECIAL OBJECTS OF INTERCESSION.

The extension of the Church—the conversion of sinners—the conversion of unbelievers—increase of grace and perseverance to the faithful—the reconcilment of those who are at variance—that the Church of England may be supplied with all needful things—one's own family—neighbours

—friends—benefactors—country—parish
—the sick, the dying—peace in the Church
and in the world—for souls departed in
CHRIST, that they may be perfected toge-
ther with us at His second coming.

MEDITATION.

Meditation, that is to say a thinking devoutly upon what you read (or upon any subject you may have chosen) with Prayer, is so profitable an exercise in the Christian life that it should be practised daily if only for a few minutes.

Some short rules may help you, and those who have not time to meditate at home may do so whilst at work.

The Morning is the best time.

1. Kneel down and pray earnestly for the HOLY SPIRIT to help you. You might say "O LORD, open Thou mine eyes, that I may see the wondrous things of Thy Law." "LORD, teach me to pray," or, "Come, HOLY GHOST, our souls inspire," page 82.

2. Then read a few verses of Holy Scripture, or represent to yourself the subject for meditation. If it be an event in our Blessed LORD's Life, make a picture in your mind of the scene and its circum-

stances—as His Sitting on the Well wearied with His journey; the Stable at Bethlehem, with the Manger and the Cattle; the Crucifixion, with the company around the Cross, &c.

You should meditate upon Death, Judgment, Heaven, Hell; the Life and Sufferings of our Blessed LORD, especially His bitter Cross and Passion; about which you may read in the latter chapters of the Holy Gospels,—or upon the words of the Creed or the LORD'S Prayer, or upon a Virtue, and its necessity, as Truth, Humility, &c., or a vice, and its misery, as Worldliness, Anger, Sloth; and in meditation you will come to know more of yourself and of GOD; of your own weakness and sinfulness and needs; and of GOD'S Love, and Mercy, and Grace.

3. Think over your subject attentively, weighing what there is in it to be noted—the fresh motives it supplies, the example, the warning, the promise, making reflections and drawing conclusions, and during your meditation it is well to say often some one short prayer, as, “JESUS, crucified for me, have mercy upon me,” or any other.

4. Then MAKE ACTS either of love, repentance, thankfulness, faith, offering of yourself to GOD, trust in Him, resigna-

tion, as you may be led to do out of the subject you are meditating upon. PRAY earnestly for GOD's grace, and for all the graces you need, [especially those opposed to your besetting faults,] for the pardon of sins, the gift of GOD's love and the gift of final perseverance. Make firm RESOLUTIONS of amendment, as, to do this or that, or to break off some sin THAT VERY DAY.

5. Finish by thanking GOD for any good thought He may have given you, and say the LORD's Prayer. Think of the subject of your meditation from time to time, during the day, and practise any good resolution you have made.

SHORT FORM OF FAMILY PRAYER.

Make a point of praying with your household and children *at least* in the evening. Those who can, in the Morning also.

MORNING PRAYERS.

Kneel down reverently and say all together :

Remember not, LORD, our offences, nor the offences of our forefathers ; spare us,

good LORD, spare Thy servants whom Thou hast redeemed with Thy Most Precious Blood, and be not angry with us for ever.

Spare us, good LORD.

LORD, have mercy upon us.

CHRIST, have mercy upon us.

LORD, have mercy upon us.

Then the Master only.¹

O most mighty GOD and merciful FATHER, we worship and adore Thee for Thy great glory and goodness, and we most humbly thank and praise Thee for all Thy mercies upon us and ours, and upon Thy whole Church. Especially, we thank Thee, for Thy goodness in preserving us the night past and bringing us in safety to another day. We acknowledge that we have deserved Thy wrath and indignation for our manifold sins, but Thou hast not dealt with us after our sins, nor rewarded us according to our wickedness. O continue Thy mercy and favour towards us, pardon our offences and give us grace to show forth our thankfulness by the amendment of our lives, and by serving Thee more faithfully for the time to come. Preserve us this day from all sin and danger: Give us

¹ On Sunday say instead the Prayer, page 100.

Thy HOLY SPIRIT that we may be loving and forbearing, patient and humble, honest and true in all our words and actions. Grant us to walk always in Thy Presence, to seek first Thy Kingdom and Righteousness, and to trust firmly in Thy good providence to give us all things needful for our souls and bodies.

Bless Thy Holy Church throughout the world, and may we be faithful members of it all the days of our life. Bless our relations and friends. Have mercy upon this parish. Bless the Clergy—convert sinners, enlighten the ignorant, succour the tempted and all who are in any special need. These blessings we humbly ask, O most merciful FATHER, in the Name of JESUS CHRIST, our only LORD and SAVIOUR. Amen.

Our FATHER, Which art in heaven, Hallowed be Thy Name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive them that trespass against us. And lead us not into temptation; but deliver us from evil. Amen.

The LORD bless and keep us, the LORD make His Face to shine upon us, and be

gracious unto us, the LORD lift up the light of His Countenance upon us, and give us peace, now and for evermore. Amen.

EVENING PRAYERS.

Stand up and read aloud a portion of Holy Scripture, first saying the Collect for the Second Sunday in Advent, out of the Common Prayer Book. After the reading let all say,

R. Thanks be to GOD.

I believe in GOD, &c., page 11.

Kneel down reverently, and say,

Remember not, LORD, our offences, nor the offences of our forefathers. Spare us, good LORD, spare Thy servants whom Thou hast redeemed with Thy most Precious Blood, and be not angry with us for ever.

Spare us, good LORD.

O Almighty and Eternal GOD, we Thine unworthy servants, beseech Thee to look graciously upon us, who come before Thy Throne of Mercy to offer up our humble thanksgivings for all Thy goodness and love to us: for the mercies and comforts

of this day,¹ and above all, for Thy great love in the Redemption of the world by our LORD JESUS CHRIST. O Heavenly FATHER, we confess that we are not worthy of the least of all Thy mercies; we have sinned against Heaven and before Thee, and are no more worthy to be called Thy children. [*Pause and call to mind wherein you have sinned.*] We do earnestly repent, and are heartily sorry for these our misdoings. Have mercy upon us, O LORD, have mercy upon us, and forgive us for JESUS CHRIST's sake, and bring us to everlasting life. Amen.

Our FATHER, &c.

LORD, have mercy upon us.

CHRIST, have mercy upon us.

LORD, have mercy upon us.

W. Vouchsafe, O LORD, to keep us :

R. This night without sin.

W. O LORD, have mercy upon us :

R. Have mercy upon us.

¹ On Sunday add, "for the opportunity Thou hast given us of joining this day in the Public Worship of the Church [and of receiving the Holy Communion of the Most Blessed Body and Blood of our SAVIOUR.]"

V. LORD, hear our prayer :

R. And let our cry come unto Thee.

Let us pray.¹

Almighty GOD, Who through Thy only-begotten SON JESUS CHRIST hast overcome death, and opened unto us the gate of everlasting life ; we humbly beseech Thee that, through the grave, and gate of

¹ On Sunday first say :—

Almighty and everlasting GOD, Heavenly FATHER, we give Thee humble thanks, for that Thou hast vouchsafed to call us to the knowledge of Thy grace, and faith in Thee : increase this knowledge, and confirm this faith in us evermore. Renew in us Thy HOLY SPIRIT, that as we have been, in Holy Baptism, born again and made heirs of everlasting salvation, through our LORD JESUS CHRIST, we may continue Thy servants, and attain Thy promises ; through the same LORD JESUS CHRIST Thy SON, Who liveth and reigneth with Thee, in the unity of the same HOLY SPIRIT, everlastingly. Amen.

On Friday :—

Almighty GOD, we beseech Thee graciously to behold this Thy family, for which our LORD JESUS CHRIST was contented to be betrayed, and given up into the hands of wicked men, and to suffer death upon the Cross, Who now liveth and reigneth with Thee and the HOLY GHOST, ever one GOD, world without end. Amen.

death, we may pass to our joyful resurrection ; for His merits, Who died, and was buried, and rose again for us, Thy SON JESUS CHRIST our LORD. Amen.

Visit, we beseech Thee, O LORD, this habitation, and drive far from it all snares of the enemy ; let Thy Holy Angels dwell herein, to preserve us in peace, and let Thy Blessing be upon us for ever ; through JESUS CHRIST our LORD. Amen.

O GOD, Merciful and Faithful, the aid of all that trust in Thee, keep safely under the shadow of Thy wings, ourselves, our relations, our friends and benefactors, and all Thy servants. Bless and preserve all Christian kings and governors, [especially the Queen,] all Bishops and Pastors, [especially our own,] all Missionaries in distant lands, all those in Religious Societies set apart for Thy service, and all who are mindful of the poor and afflicted. Remember all widows and orphans, and all who call upon Thee, and have none else to help them, and also such as never pray for themselves. Heal the sick, succour the dying. Convert sinners, and have mercy upon all for whom Thy dear SON shed His Precious Blood. Finally, O LORD, remember all who have asked our prayers,

all for whom we are in any way bound to pray, and all who pray for us, and grant to us and to all Thy servants a merciful judgment at the last day. Through JESUS CHRIST our LORD. Amen.

Save us, O LORD, when we are awake, guard us when we are asleep, that we may wake with CHRIST, and may rest in peace Amen.¹

The Almighty and Merciful LORD, the FATHER, the SON, and the HOLY GHOST, bless and preserve us this night and evermore. Amen.

ON SUNDAY MORNING.

Remember not, LORD, &c.

(As at p. 93.)

O Almighty and Eternal God, Who hast appointed us six days to labour and do all our work, and hast consecrated the seventh to Thyself, we give Thee humble thanks for this Thy sacred day of rest.

¹ You may say or sing a Hymn, "Sun of my Soul," page 65.

Grant, we beseech Thee, that we may keep it holy, as Thou hast commanded, by devoting it entirely to Thy love and service, and as our LORD JESUS CHRIST on this day rose from the dead, so may we rise up also unto newness of life. Mercifully forgive us all our past neglect, pardon the sins we have been guilty of in the course of the week, and give us grace to avoid them for the future. May we joyfully and thankfully embrace the opportunity of assembling ourselves together to worship Thee in Thine own House. Give us Thy HOLY SPIRIT, to make us reverent and devout, that our service may be acceptable in Thy sight, through the intercession of our LORD and SAVIOUR. Remember, O LORD, all who are hindered from coming to Thy House, and all who are deprived of the means of grace and instruction. Awaken the indifferent, and bring them this day to a better mind. Send down Thy Heavenly Blessing upon all Bishops and Pastors, especially our own. Grant that they may diligently preach Thy Holy Word, and rightly and duly administer Thy Holy Sacraments, and that being clothed with righteousness, in the Great Day they may receive from

Thee, the Righteous Judge, the crown of everlasting glory. May we esteem them very highly in love for their works' sake, and since they give an account of our souls, may we take heed so to live that they may do it with joy, and not with grief. Give unto us and to all Christian people a humble, teachable, and obedient spirit, when hearing Thy Holy Word spoken by their lips. May we ever hold fast to the guidance and Communion of Thy Holy Church, and steadfastly walk in the way that leadeth to eternal life; through JESUS CHRIST our LORD. Amen.

Almighty and Merciful God, of Whose only gift it cometh that Thy faithful people do unto Thee true and laudable service; grant, we beseech Thee, that we may so faithfully serve Thee in this life, that we fail not finally to attain Thy heavenly promises; through the merits of JESUS CHRIST our LORD. Amen.

Our FATHER, &c.¹

The grace of our LORD JESUS CHRIST, and the love of GOD, and the fellowship of the HOLY GHOST, be with us all evermore. Amen.

¹ You may say or sing a Hymn if you have time.

OCCASIONAL PRAYERS.

I. ACCORDING TO THE STATE OF LIFE.

For Parents.

Almighty and most Merciful FATHER, give me, I beseech Thee, grace and wisdom for the bringing up of my children in Thy faith and fear. Make me gentle and forbearing with them according to their several dispositions, but let me not through idleness or weak fondness indulge their self-will and wrong tempers. May I reprove and check their faults with firmness, and carefully provide them with opportunities of learning to know and serve Thee. Grant that I [or we] may show piety at home, and both by word and example teach them to seek first Thy kingdom and righteousness.

Give unto them, O LORD, the spirit of dutiful obedience, according to Thy holy Commandment, and strengthen them by Thy grace to resist the enticements of evil from within and without. Bless them, O LORD : let Thy Fatherly Hand ever be over them ; Thy Holy Spirit ever be with them ; and grant that faithfully serving Thee here, in the end they may obtain everlasting life ; through JESUS CHRIST our LORD and SAVIOUR. Amen.

For Children.

Almighty GOD, our Heavenly FATHER, give me grace, I beseech Thee, that I may always observe my parents with all kind of duty, according to Thy holy Commandment. Make me to honour and obey them, to succour and comfort them, and never to grieve them by sinful or thoughtless conduct.

Good LORD, forgive all the offences I have committed against them, increase the number of their days, support them in sickness, infirmity and affliction, and refresh their declining years with Thy comfort. [Bless my brothers, sisters.] Help us as Thou knowest to be needful for us in body and soul, and grant that we may all so faithfully serve Thee in this life that we fail not finally to attain Thy heavenly promises; through JESUS CHRIST our LORD. Amen.

For Masters and Mistresses.

Almighty and gracious God, give me grace so to order my family that we may be a household serving Thee. Make me to know and do my duty to the servants Thou hast committed to my charge, to use their services with mercy and moderation, and to reprove their faults with wisdom and kindness, remembering that I have a Master in Heaven.

O LORD, bless my servants and make them Thine. Give them grace to serve Thee first, and then to serve me with faithfulness and diligence, not to please me, but as the servants of CHRIST doing Thy will from the heart, and looking for their recompense in Heaven.

Make me ever ready to repay them the time and strength they spend to do me service, [and to have a care for them in sickness and old age.] Above all may I provide for their religion, and the interest of their souls, and never through selfishness or idleness deprive them of opportunities of attending on the means of grace. Grant this, O LORD, for the sake of JESUS CHRIST our LORD. Amen.

For Servants.

Almighty GOD and FATHER, Who hast appointed the different states of life, I humbly pray Thee to give me the grace I need for doing the duties of my calling as a faithful servant of Thine. Make me diligent and industrious in my work, faithful to my trust, truthful and honest in all my dealings, and to serve those whom Thou hast placed over me, not with eye-service, but at all times as in Thy Presence, always remembering that in all my duty to them I am serving Thee.

Make me obedient to my master and mistress, not answering again when reproved; and kind to my fellow-servants. Strengthen my weakness, that by Thy grace I may have courage to resist the persuasions of those who would lead me wrong, and fearing and loving Thee alone may rather seek to win others to serve Thee, that we may be a godly and peaceable household together; through JESUS CHRIST our LORD. Amen.

For a Husband and Wife.

O merciful GOD, I humbly beseech Thee to send Thy blessing continually upon me and upon my Wife [or "Husband."] As Thou hast joined us together in Thy holy Ordinance, and made us one, grant that we may be of one heart, and of one mind, united in love to Thee, and to each other in Thee. Give us a deep and abiding sense of the sacredness of the holy estate of Marriage, and to remember that it is a sacred mystery, representing the union between CHRIST and His Church, that so we may live together in love, and peace, and holiness. May we deny ourselves, and be a mutual help and comfort to each other all the days of our life. May we

ever continue faithful members of Thy holy Church, which is Thy Body. May I love and support my Wife, and give her due honour according to Thy holy Ordinance, [or, “may I love, honour, and obey my Husband, according to Thy holy Ordinance.”] Hear, O good LORD, our prayers for each other. Bless us both with health and strength, if it be Thy Will, and with whatever else Thy good Providence shall see best for our souls and bodies. Make us thankful for all Thy blessings already vouchsafed unto us. Fit and prepare us for our departure hence, and grant us so to live that we may have peace at the last and eternal life in Thy Heavenly Kingdom; for the merits of JESUS CHRIST our LORD and SAVIOUR. Amen.

II. INTERCESSIONS.

For our Friends.

O LORD JESUS CHRIST, I pray Thee for those who love me, and for those whom I love in Thee. For Thine own sake make them love Thee with all their heart, and mind, and soul, that they may will, and speak, and do only those things that are pleasing to Thee and expedient for them, that being always and everywhere ruled and protected by Thee, they may attain to eternal life; through Thy merits, Who livest and reignest, GOD for ever and ever. Amen.

For one who has asked our Prayers.

1. In Trouble.

Almighty Everlasting GOD, comfort of the sorrowful, strength of the weary, our only help in time

of need, may the prayers of all that call upon Thee in trouble, and especially the prayers of Thy servant [N.] come into Thy Presence, that they may rejoice evermore in Thy merciful aid and deliverance ; through JESUS CHRIST our LORD. Amen.

2. Before an Undertaking.

Prevent us, O LORD, [and especially at this time Thy servant N.] in all our doings with Thy most gracious favour, and further us with Thy continual help, and grant that this his work being begun, continued, and ended in Thee, he may herein glorify Thy holy Name, and finally by Thy mercy obtain everlasting life ; through JESUS CHRIST our LORD. Amen.

For the Clergy.

Most Merciful FATHER, I humbly beseech Thee to send down upon Thy servants, the Bishops and Pastors of Thy Church—and especially upon our own—Thy Heavenly Blessing. Give them the spirit of wisdom and holiness, patience and charity, zeal and watchfulness, that they may faithfully declare Thy Will, boldly rebuke vice, rightly and duly administer Thy holy Sacraments, and intercede with Thee acceptably for Thy people. Support and comfort them under all suffering and opposition for the cause of Thy truth, and grant that after turning many to righteousness, they may shine as the stars for ever and ever ; through JESUS CHRIST our LORD. Amen.

For Unity.

O GOD, the FATHER of our LORD JESUS CHRIST, our only SAVIOUR, the Prince of Peace, Who biddest us be of one mind in Thy House ; of Thy mercy

put away from us all that causeth us to differ, and give unto us the spirit of peace and unity, that as there is but one Body, and one Spirit, and one hope of our calling, one LORD, one Faith, one Baptism, one GOD and FATHER of us all, so we may be all of one heart, and of one soul, united in one holy bond of Truth and Peace, of Faith and Charity, and may with one mind and one mouth glorify Thee; through JESUS CHRIST our LORD. Amen.

For the Conversion of a Sinner.

Almighty GOD, Who showest to them that be in error the light of Thy Truth, to the intent they may return into the way of righteousness: have mercy on Thy servant, [N.] and upon all who sin against Thee, and grant unto them true repentance, that turning to Thee with their whole heart, they may faithfully serve Thee, and attain everlasting salvation; through JESUS CHRIST our LORD. Amen.

For the Sick and Dying.

O gracious LORD JESUS CHRIST, Who didst vouchsafe to die on the Cross for us, remember in Thy mercy all sick and dying persons, [especially —,] and grant that they may omit nothing which is necessary to make their peace with Thee before they die. Deliver them, O LORD, from the malice and deceit of the devil, and from all sin and evil, and grant them a happy end; for Thy Love's sake. Amen.

III. ACTS OF FAITH, HOPE, AND CHARITY.

Prayer.

Almighty and Everlasting GOD, give unto us the increase of Faith, Hope, and Charity, and that we may obtain that which Thou dost promise, make us to love that which Thou dost command; through JESUS CHRIST our LORD. Amen.

Act of Faith.

O LORD, Thou art the Truth, and because Thou art the Truth, I believe all that Thou teachest me in Thy Holy Word, and by Thy Church, which is the pillar and ground of the Truth. I believe in GOD the FATHER, Who hath created me; and in JESUS CHRIST, true GOD and Man, my SAVIOUR Who hath redeemed me with His own most Precious Blood; and in GOD the HOLY GHOST, Who hath sanctified me in Baptism. In this Faith of the Most Holy TRINITY I was baptised, and in this Faith by GOD's grace I will continue, and die therein. Amen.

LORD, increase my faith.

Act of Hope.

O LORD, Thou art Mercy, and because Thou art mercy I hope in Thee, that through the merits of Thy most Precious Blood and by means of Thy Holy Sacraments, Thou wilt grant me the forgiveness of all my sins, and the help of Thy grace that I may do all such good works as Thou hast prepared for me to walk in, and after death eternal

life in Heaven, which Thou hast promised to those that love Thee and keep Thy Commandments. Amen.

Act of Love.

O LORD, Thou art Love, and because Thou art Love, and hast first loved me, I love Thee with all my heart, I love Thee for Thine own infinite perfections, and for all Thy Love to me. I love Thee in Thy Sacraments, and will receive them in life and in death. I love Thee in Thy Church which is Thy Body. For Thy sake I love my neighbour as myself, and will strive to do him good. O good LORD, make me day by day to love Thee more and more. Amen.

Act of Sorrow for Sin.

O good JESU, I do love Thee, and I grieve for love of Thee that I have ever sinned against Thee. O that I might never offend Thee more. LORD, give me this grace. Amen.

IV. THANKSGIVING.

“ Praised be the LORD daily ; even the God Who helpeth us, and poureth His benefits upon us.”

[*Note.*—There is no practice which helps more to growth in the love of God than the habit of thanksgiving. Then try to cultivate the spirit of gratitude—grateful love. Say *often*, “ Thanks be to God,” whether in sorrow or in joy. Upon every occasion you may lift up your heart to God with this especial feeling, and make a practice of more particular thanksgiving to Him at times for all His many and great benefits. You might make it your Sunday devotion.]

Act of Thanksgiving.

O most merciful and loving LORD GOD, from Whom all good things do come, I give Thee humble thanks for Thy manifold blessings to me and to all men.

I thank thee, O Heavenly FATHER, for Thy love, that while we were yet sinners Thou didst give Thy SON to die for us.

I thank Thee, O LORD JESUS CHRIST, that Thou didst become Man, and didst die upon the Cross to save us, and that Thou didst rise again and ascend into Heaven, and ever livest to make intercession for us, and for Thy great love in giving Thyself to us in the Holy Communion.

I thank Thee, O HOLY SPIRIT, that Thou dost regenerate and sanctify us in Holy Baptism, that Thou dost help and comfort us, and dost teach and guide the Church into all truth.

O most Holy TRINITY, I give thanks to Thee for all Thy love and mercy and goodness to all Thy creatures, to my family and friends, to those who forget to thank Thee, and especially to me Thy most unworthy servant.

O my GOD, I thank Thee for my creation in Thine own Image and Likeness.

For my birth of Christian parents, whereas I might have been brought up a heathen.

For my state of life, whereby I have been kept from many temptations to which others are exposed.

For my Holy Baptism, wherein Thou forgavest my sins and madest me Thine own child, and a member of Thy Holy Church.

For my preservation in infancy and youth, and for Thy care and Providence over me every day until this hour.

For my Confirmation, and all its gifts and blessings.

For the Holy Communion, wherein Thou hast so often given me the Body and Blood of my SAVIOUR to be the food of my soul.

For Thy forbearance and waiting for my repentance, and calling me to return to Thee, and so often receiving me, and forgiving my sins.

For Thy patience with my infirmities and shortcomings.

For good books, and sermons, and advice.

For kind friends and benefactors, and for all who have done me good by reproof or otherwise.

For reason, health, and a good name.

For recovery from sickness.

For these and all other Thy blessings which I know and which I know not, which I have forgotten, or have never thanked Thee for. For all the grace Thou hast given me and art ready to give me. For all future blessings, and for all Thou hast in store for me, especially for the blessed hope of everlasting life, I give thanks to Thee, and will give thanks to Thee all the days of my life. I cannot thank Thee as I ought. Pour Thy love into my heart, that I may know how to love and thank Thee. Accept the desire of my heart for the merits, and in union with the thanksgivings of JESUS CHRIST Thy SON our LORD, to Whom with Thee and the HOLY GHOST be all honour and glory, praise and thanksgiving, world without end. Amen.

You might add a Psalm of Thanksgiving. You will of course mention also any especial mercies to yourself, or your family, or anything which may come to your mind for which you ought to give thanks to God.

V. LITANY ON THE PASSION OF OUR LORD.

You need not say the whole of this Litany at one time. Dwell on each sentence, applying it to your own wants, and pleading to JESUS each of His separate Blessed Acts and Sufferings, and then the Prayer "Have mercy," will suit all your varied needs.

[You might use it for Meditation, see page 91.]

LORD, have mercy,
CHRIST, have mercy.
LORD, have mercy.

O GOD the FATHER, of Heaven,
O GOD the SON, Redeemer of the world,
O GOD the HOLY GHOST,
HOLY TRINITY, One GOD,
HOLY JESU, True GOD and Man,
JESU, earnestly desiring to redeem mankind,
JESU, keeping the Passover with Thy disciples.

JESU, instituting the Holy Sacrament for a Memorial of Thy Passion,

JESU, kneeling on the ground in prayer,
JESU, in Agony, bathed in Bloody Sweat,
JESU, sold by Judas, and betrayed with a kiss,

JESU, taken by wicked hands, and bound roughly by the soldiers,

JESU, forsaken by all Thy disciples,
JESU, brought before Annas and Caiaphas,
JESU, accused by false witnesses,

Have mercy upon us.

JESU, struck on the Face, and defiled with spitting,

JESU, denied thrice by S. Peter,

JESU, turning and looking upon S. Peter,

JESU, reviled, and answering nothing,

JESU, scourged at the pillar, and bruised for our iniquities,

JESU, mocked with a purple robe,

JESU, crowned with thorns,

JESU, struck on the Head with a reed,

JESU, condemned by Pilate to a shameful death,

JESU, carrying the Cross on Thy wounded Shoulders,

JESU, stripped of Thine own garments,

JESU, fastened with nails to the Cross, and wounded for our transgressions,

JESU, crucified for us,

JESU, crucified between two thieves, and numbered with the transgressors,

JESU, praying for Thy murderers,

JESU, made a scorn of men,

JESU, given gall and vinegar in Thy Thirst,

JESU, promising Paradise to the penitent Thief,

JESU, commending S. John to Thy Mother,

JESU, crying, "Why hast Thou forsaken Me?"

JESU, declaring Thy work of love was "Finished,"

JESU, commending Thy Spirit to the FATHER,

JESU, pierced after Death with a Spear,

JESU, shedding out of Thy most Precious Side, both Water and Blood, a Fountain to cleanse us from all sin,

JESU, taken down from the Cross, and buried in a new tomb,

Have mercy upon us.

JESU, rising gloriously on the third day,
 JESU, ascending triumphantly to Heaven,
 JESU, sending down the HOLY GHOST upon
 Thy Church to abide with us for ever,
 JESU, ever living to make intercession for us.
 JESU, Who shalt come to be our Judge,
 Be merciful, spare us, LORD JESUS.

Have mercy, &c.

From all sin,
 From sudden unprepared death,
 From all evil,
 By Thy Holy Incarnation,
 By Thy Humble Birth,
 By Thy Circumcision,
 By Thine all-holy Name.
 By Thy Baptism,
 By Thy holy Fasting, Toils, and Watching,
 By Thy nights of Prayer,
 By Thy miracles of mercy for the healing of
 souls and bodies,
 By Thy glorious Transfiguration,
 By Thy Holy Cross and Passion,
 By the Sacred Atoning Sacrifice of Thy
 whole Life,
 By Thy Precious Blood shed to redeem us,
 By Thy Precious Death,
 By the Water and the Blood flowing from
 Thy Sacred Side,
 By the Blessed Sacraments Thou ordainedst
 as means to unite us to Thyself,
 By Thy glorious Resurrection and Ascension,
 By Thy sending the HOLY GHOST to dwell in us.
 By Thy boundless Love and Mercy,
 In our daily trials,
 In the time of temptation,
 In the hour of our death,
 In the Day of Judgment,

Lord Jesu, deliver us.

We sinners beseech Thee, JESU, hear us.

That Thou wouldest bring us to true repentance,	} <i>We beseech Thee, &c.</i>
That Thou wouldest forgive us all our sins,	
That being much forgiven, we may love Thee much,	
That we may bear all crosses with love and patience,	
That we may persevere unto the end in grace and in Thy holy service,	

Lamb of GOD, that takest away the sins of the world,

Spare us, LORD JESU,

Lamb of GOD, that takest away the sins of the world,

Hear us, LORD JESU.

Lamb of GOD, that takest away the sins of the world,

Have mercy upon us, LORD JESU.

Our FATHER, &c.

O LORD JESU CHRIST, SON of the Living GOD, the only Hope and Refuge of sinners, I beseech Thee, set Thy Holy Cross and Passion between Thy Judgment and my soul, now, and in the hour of death. I beseech Thee also for all my friends and benefactors, and for all for whom I desire or am bound to pray, [and for all poor sinners.] O, let not Thy Precious Blood be shed for us in vain, but grant us, by Thy grace, that cleansed from all our sins, after our death, we may joyfully enter Paradise, to love and adore Thee eternally; where with the FATHER and the HOLY GHOST, Thou livest and reignest, One GOD, world without end. Amen.

VI. LITANY OF THE HOLY GHOST.

LORD, have mercy.

CHRIST, have mercy.

LORD, have mercy.

O GOD the FATHER, of Heaven,
O GOD the SON, Redeemer of the world,
O GOD the HOLY GHOST,
HOLY TRINITY, One GOD,
HOLY SPIRIT, Author of all good,
HOLY SPIRIT, Who didst overshadow the
Blessed Virgin Mary,

Spirit of Wisdom and Understanding,
Spirit of Counsel and Might,
Spirit of Knowledge and Piety,
Spirit of the Fear of the LORD,
Spirit of holy repentance,
Spirit of Grace and Prayer,
Spirit of Love, Peace, and Joy,
Spirit of Gentleness, Goodness, and Faith,
Spirit of manifold grace,
Spirit Who didst descend upon CHRIST, in
the form of a dove,

Spirit of Truth, Who guidest us into all truth,
Spirit Who helpest our infirmities,
Spirit Who sheddest the Love of GOD in
our hearts,

Spirit, the Discerner of the thoughts of the
heart,

HOLY SPIRIT, by Whom we also are born
again,

HOLY SPIRIT, Who dwellest in us,
HOLY SPIRIT, Who abidest with us for ever,
HOLY GHOST the Comforter,
HOLY GHOST the Sanctifier,
HOLY GHOST, Who on the Day of Pentecost
didst appear in fiery tongues upon the disciples,

Have mercy upon us.

From all evil,
 From the snares of the devil,
 From presumption and despair,
 From doubting and unbelief,
 From envy and unkindness,
 From obstinacy and impenitence,
 From anger and strife,
 From all unholiness and impurity,
 From dulness and sloth,
 From every evil spirit,
 In the Day of Judgment,

Deliver us, O Holy Spirit.

HOLY GHOST, we beseech Thee, hear us.

That Thou wouldest renew the face of the earth, and enkindle the fire of Thy Love in our hearts,

That Thou wouldest help us to love one another,

That Thou wouldest teach us to pray, and Thyself pray within us,

That Thou wouldest inspire us with holy and pious thoughts,

That Thou wouldest inspire us with a hatred of sin,

That Thou wouldest help us to remember that our body is Thy Temple,

That Thou wouldest keep us for Thyself,

That we grieve not the HOLY SPIRIT of God,

That Thou wouldest endue us with the grace of final perseverance,

That we may sow in the Spirit, and of the Spirit reap life everlasting,

Holy Ghost, we beseech Thee, hear us.

Lamb of God, that takest away the sins of the world,

Grant us Thy HOLY SPIRIT.

Lamb of God, that takest away the sins of the world,

Pour down upon us Thy HOLY SPIRIT,

Lamb of God, that takest away the sins of the world,

Give unto us the Spirit of Peace.

HOLY GHOST, hear us,

HOLY GHOST, graciously hear us.

V. Create in me a clean heart, O God,

R. And renew a right spirit within me.

Our FATHER, &c.

O GOD, forasmuch as without Thee we are not able to please Thee; mercifully grant, that Thy HOLY SPIRIT may in all things direct and rule our hearts; through JESUS CHRIST our LORD. Amen.

Almighty and everlasting GOD, by Whose Spirit the whole body of the Church is governed and sanctified; receive our supplications and prayers, which we offer before Thee for all estates of men in Thy holy Church, that every member of the same, in his vocation and ministry, may truly and godly serve Thee; through our LORD and SAVIOUR JESUS CHRIST. Amen.

The grace of our LORD JESUS CHRIST, and the love of GOD, and the fellowship of the HOLY GHOST, be with us all evermore. Amen.

A Prayer to the Holy Ghost.

O HOLY SPIRIT, by Whom I have been born again in Holy Baptism, by Whom I have been strengthened in Confirmation, by Whom I have been renewed, guided, and enlightened day by day ; I bless Thee, I glorify Thee, for all Thy mercies ; pardon my infirmities, forgive my past neglect of Thy holy inspiration, forgive me that I have so often grieved Thee : Oh, suffer me not to wander from Thee any more ; give me the continual help of Thy holy Comfort, cleanse my heart, correct my wanderings, supply my omissions, strengthen my will, so that following Thy guidance, I may at length arrive safely at the haven of eternal rest ; for the merits of JESUS CHRIST, our only SAVIOUR. Amen.

VII. PRAYERS TO BE SAID AT ANY TIME
IN PREPARATION FOR DEATH.

LORD, have mercy upon us.

CHRIST, have mercy upon us.

LORD, have mercy upon us.

In the midst of life we are in death : of whom may we seek for succour, but of Thee, O LORD, Who for our sins art justly displeased ?

Yet, O LORD GOD most holy, O LORD most mighty, O holy and most merciful SAVIOUR, deliver us not into the bitter pains of eternal death.

Thou knowest, LORD, the secrets of our hearts ; shut not Thy merciful ears to our prayer ; but spare us, LORD most holy, O God most mighty, O holy

and merciful SAVIOUR, Thou most worthy Judge eternal, suffer us not, at our last hour, for any pains of death, to fall from Thee.

O Holy JESUS, Who by Thy Precious Death and Passion hast overcome Death, and made it the gate of eternal life, grant me grace, that my daily life may be a preparation for the time when Thou shalt call me hence. Give me now, O LORD, true repentance and amendment of life, and grant me to persevere unto the end in faith, hope, and charity. Let not my death be sudden, but if it seem good to Thee, bless me then with all the means of grace which Thou hast provided for us in Thy Holy Church, and above all, grant me worthily to receive the Blessed Sacrament of Thy Body and Blood, that Thou mayest raise me up at the Last Day. In the hour of my death call me and place me where Thou didst place the repentant thief, O Blessed JESUS, Who standest at the right hand of the FATHER, our only Mediator and Advocate. Amen.

A Litany for the same.

O GOD the FATHER, of Heaven,
 O GOD the SON, Redeemer of the world,
 O GOD the HOLY GHOST, the Comforter,
 O HOLY TRINITY, One God,

*Have mercy upon me now and in
 the hour of death.*

Remember not, LORD, mine offences, nor the offences of my forefathers, neither take Thou vengeance of our sins; spare us, good LORD, spare Thy servants whom Thou hast redeemed with Thy most Precious Blood, and be not angry with us for ever.

From Thy wrath and heavy indignation, from the guilt and burden of my sins, from sudden unprepared death,

Good Lord, deliver me.

From impatience, distrust, and despair, from extremity of sickness and pain, which may withdraw my mind from GOD,

Good Lord, deliver me.

From the bitter pangs of eternal death, from the powers of darkness, from the deceits of Satan,

Good Lord, deliver me.

By Thy manifold and great mercies, by Thy manifold and great Merits, by Thine Agony and Bloody Sweat, by Thy bitter Cross and Passion, by Thy triumphant Resurrection and Ascension, by Thy prevailing Intercession, and by the grace of the HOLY GHOST,

Good Lord, deliver me.

In my last and greatest need, in the hour of death, and in the Day of Judgment,

Good Lord, deliver me, and receive my soul, for Thy mercies' sake.

Be merciful unto Me, most merciful JESU, my LORD and my GOD, and forgive me all my sins, which by the malice of the devil, or by my own frailty I have at any time of my life committed against Thee.

Be merciful, hear me, Good Lord.

That when my soul shall depart from the body its place may be in peace, and its abode in Zion :

That the Light of GOD appearing may sustain and comfort me in my last conflict :

That holy Angels waiting for me, may conduct my soul to its place of rest, and present it before Thee :

Be merciful, &c.

That Thou wouldest receive me with a forgiving Countenance, and place me amongst those who are to stand before Thee for ever :

That admitted into Thy Blessed, and Blessed-making Presence, I may rejoice with Thy holy Saints for evermore :

Benevolent, &c.

O HOLY TRINITY, One GOD, have mercy upon me, now and in the hour of my death.

O Lamb of GOD, &c.

Have mercy upon me, and grant me Thy peace.

Our FATHER, &c.

O GOD, Who hast appointed unto us all to die, but hast mercifully concealed from us the hour of our death, grant me so to live in holiness and righteousness all my days that I may die happily in Thy Love : through JESUS CHRIST our LORD. Amen.

Or the Collect for the First Sunday in Advent

VIII. PRAYERS IN TIME OF SICKNESS.¹

“He healeth those that are broken in heart : and giveth medicine to heal their sickness.”

LORD JESUS, behold I receive this sickness as coming from Thy Fatherly Hand.

¹ When sickness comes upon you receive it as direct from the Hand of God. Consider that it is sent to persons for various causes—often on

May it be to the glory of Thy Holy Name and the health of my soul.

O LORD, I offer myself with entire submission to Thy Blessed Will, and cheerfully accept whatever Thou mayest be pleased to lay upon me. But, O LORD, rebuke me not in Thine indignation ; neither chasten me in Thy heavy displeasure. Correct me, but with judgment, not in Thine anger lest Thou bring me to nothing. Give me true repentance for the sins of my past life, grace to bear with patience the pains and privations of my sickness, and make me to love Thee more and more.

And since I cannot now worship Thee in the Courts of Thine House, give me a portion in the Prayers and Thanksgivings offered there, and supply unto me all the means of Grace which Thy Bounty has provided for the help and comfort of our souls.

account of sin, and to lead them to repentance. Look to the state of your soul, remembering that this is the teaching of our Blessed LORD, Who, when He healed the sick, looked first to their soul's state before He cured their bodies. And in any considerable illness do not fail to send at once for a "Physician of the soul"—your parish Priest, as directed by Holy Scripture, "Is any sick among you? let him call for the elders (Priests) of the Church." See S. James v. 14, 15, 16.

O LORD, if it be Thy good pleasure, raise me up again to serve Thee faithfully for the time to come; or, if this sickness be unto death, of Thy great mercy, grant that, pardoned and cleansed from all my sins in Thy Most Precious Blood, I may believe in Thee, trust in Thee, and love Thee above all things, and by the Merits of Thy Death and Passion may be admitted into Thine Eternal Kingdom with all Thy redeemed to praise Thee for ever. Amen.

Say often in the day such prayers as the following :

LORD JESU, Who didst suffer for us sinners, make me to suffer patiently for love of Thee.

LORD JESU, correct me here, and spare me in Eternity.

LORD JESU, do with me what Thou wilt, only give me the love of Thee.

O my GOD, I offer unto Thee all my pains and sufferings, in union with the Sufferings of my Redeemer.

LORD, sanctify this Thy Fatherly correction to me, and prepare me to meet Thee.

LORD, I desire to praise Thee in sickness as in health. Thanks be to God.

LORD JESU, let me not lose this accepted time, this day of Salvation.

Good JESU, grant that whether I live or die, I may be Thine.

LORD JESU, let nothing separate me from Thee.

By Thy Cross and Passion, Good LORD, deliver me.

JESUS, crucified for me, have mercy upon me.

O my GOD, grant that in this sickness I may not offend Thee, or say anything foolishly against the LORD.

Into Thine Hands, O LORD JESU, I commend my spirit.

LORD JESU, abide with me now and ever,—in the hour of death, and in the Day of Judgment.

*Prayer for a Mother before the Birth
of Children.*

O Merciful LORD, the FATHER of Mercies and GOD of all comfort, look down upon Thy poor servant, humbly imploring Thy Mercy and Blessing in this time of my need. Preserve, I beseech Thee, the work of Thy Hands, and defend both me and my infant from all perils and evils. Grant me Thy grace and protection in the

time of danger and weakness, and of Thy great Goodness bring my child safely to the Holy Sacrament of Baptism, that it may be sanctified and made Thine own, to love and serve Thee faithfully for ever.

O my GOD, I confess that I am unworthy of Thy Mercy by reason of my many sins : but I do earnestly repent and pray Thee for Thy Love's sake to forgive me and wash them away for ever. To Thee I offer and commend myself, and cheerfully accept whatever Thou mayest be pleased to send me. Do Thou give me that humble and contrite heart which Thou wilt not despise. O my GOD, I humbly trust in Thy Mercy, and in the merits and death of Thy SON JESUS CHRIST, and I beg of Thee to hear this my prayer for His sake, my only LORD and SAVIOUR. Amen.

Thanksgiving for Recovery.

O Most Gracious GOD, I humbly beseech Thee to accept this my most hearty praise and thanksgiving for this Thy great mercy vouchsafed unto me. Bless the LORD, O my soul, and all that is within me bless His Holy Name, Who hath saved thy life from destruction, and crowned thee with mercy and loving-kindness. O

LORD, my GOD, I cried unto Thee and Thou hast healed me. Therefore will I sing of Thy praise without ceasing, and give thanks unto Thee for ever. O grant me Thy help that I may henceforth so faithfully serve Thee in this life that I may be partaker of everlasting life in the world to come: through JESUS CHRIST our LORD. Amen.

IX. A SHORT LITANY FOR FRIDAY,

(which we observe every week in memory of Good Friday.)

LORD, have mercy.

CHRIST, have mercy.

LORD, have mercy.

O LORD JESUS CHRIST, Lamb of God, That takest away the sins of the world;

Have mercy upon us, and forgive us our sins.

JESUS, Who camest to seek and to save that which was lost;

Have mercy upon us, and forgive us our sins.

JESUS, the Propitiation for our sins;

Have mercy upon us, and forgive us our sins.

By Thy Life of toil and care;

Pity and sustain us.

By Thy Victory in temptation;

Succour us in our trials.

By Thy Watchings and Prayers ;

Uphold our weary spirits when we would
watch with Thee.

By Thy carrying Thy Cross to Calvary ;

Give us grace to bear our little Cross in
patience after Thee.

By all Thine unknown sorrows ;

Have compassion upon us.

Good LORD, by all that Thou hast done and suffered to save sinners, have mercy upon us, deliver us from the chains of our sins ; give us love and sorrow ; give us thankfulness to Thee for Thine exceeding Love and for all Thy Sufferings for us. Oh give us a heart to think of Thee, and to endeavour daily to follow the blessed steps of Thy most Holy Life ; loving Thee above all things, and all others in Thee and for Thee, our blessed and only SAVIOUR. Amen.

Our FATHER, &c.

X. PENITENTIAL PRAYERS.

Three short Prayers for Pardon and Amendment.

“ Ask, and ye shall receive.”

I.

O most compassionate LORD JESUS CHRIST, I, unworthy sinner, call to Thy memory all the holy Thoughts which from Eternity hitherto Thou hast ever had, above all that one whereby Thou, Eternal Word, thoughtest to become Man.

O most merciful LORD, I pray from my heart of hearts, that Thou in turn wilt pardon me all the vain, foul, and evil thoughts which up to this time

K

I have against or beside Thy Will entertained, or in any way caused others to entertain.

O Lamb of God, that takest away the sin of the world, have mercy upon me.

II.

O most pitiful LORD JESUS CHRIST, I, miserable sinner, call to Thy Memory all the good and health-giving Words which Thou ever utteredst on earth.

I pray Thee humbly, O good JESUS, forgive me all the words which I have up to this time uttered against Thy Will, or have caused others to utter.

O Lamb of God That takest away the sin of the world, have mercy upon me.

III.

O most loving LORD JESUS CHRIST, I, unworthy sinner, yet redeemed by Thy precious Blood, call to Thy Memory all the good Works which for our salvation Thou wroughtest in the earth.

I beseech Thee, most pitiful LORD, pardon me whatsoever by my ill-doing I have knowingly, or unknowingly, committed against Thy Law and the glory of Thy Name, or have caused others to commit ; and all, that by neglect of good works, I have left undone.

And now, O most kind LORD, direct and order all my thoughts, words, and works according to Thy good pleasure, to the praise of Thy Name, and conform them to the perfect rule of Thy most holy Life and Conversation. Thine I am, O LORD, and will be, in life and in death. Into Thy Hands I commend myself and all I am.

O Lamb of God, That takest away the sins of the world, have mercy upon me.

Our FATHER, &c.

A short Litany.

LORD, have mercy.

CHRIST, have mercy.

LORD, have mercy.

O GOD, Who wouldest not the death of a sinner, but his repentance,

Who calledst Adam after his fall to acknowledge his guilt,

Who forgavest the sins of Thy disobedient people at the prayer of Moses,

Who sparedst the Ninevites when they repented,

Who broughtest David to confess his sin,

Who didst put away his sin upon his confession,

Who sparedst Ahab when he humbled himself,

Who camest into the world to save sinners,

Who broughtest salvation to the house of Zaccheus, when he restored fourfold,

Who heardest the Canaanite, when she persevered in prayer,

Who forgavest the many sins of Mary Magdalene, who loved much,

Who didst forgive and heal the sick, bidding them "sin no more,"

Who looking upon Peter didst call him to confess his fault, and weep bitterly,

Who didst promise Paradise to the penitent Thief on the Cross,

Who didst bear our sins in Thine own Body on the Tree,

Who after repentance rememberest all our sins no more,

O Lamb of God, That takest away the sins of the world, have mercy upon me, and grant me Thy peace.

Our FATHER, &c.

Have mercy upon me.

XI. PRAYERS FOR GRACES.

A Prayer for the Guardianship of Holy Angels.

O Everlasting God, Who hast ordained and constituted the services of Angels and men in a wonderful order ; Mercifully grant, that as Thy holy Angels alway do Thee service in heaven, so by Thy appointment they may succour and defend us on earth ; through JESUS CHRIST our LORD. Amen.

Prayer before a Journey.

O Almighty God, Who didst send Thine Angel to bless Jacob in his journey, remember me in Thy mercy, and be with me, in my going out, and my coming in. Preserve me from dangers, and all accidents, and bring me again to my home in peace and safety, with Thy favour and blessing ; through JESUS CHRIST our LORD and SAVIOUR. Amen.

[When you return do not forget to thank God, for His preservation of you.]

Prayer for Love.

O LORD JESUS CHRIST, make me to love Thee fervently and perseveringly, make me to feel with what a boundless Love Thou hast loved me. O LORD, I desire to love Thee, which without Thee I cannot do. Give me, O LORD my God, a reverent, humble, grateful love ; a love sorrowing for all mine offences for love of Thee Who hast so loved me, and a humble confidence in Thy Passion ; Who livest and reignest One God for ever and ever. Amen.

Another.

O God, Who hast prepared for them that love

Thee such good things as pass man's understanding; pour into our hearts such love toward Thee, that we, loving Thee above all things, and all others in Thee and for Thee, may obtain Thy promises, which exceed all that we can desire; through JESUS CHRIST our LORD. Amen.

Prayer for Truth.

O GOD, the GOD of Truth, mercifully grant that the Holy Spirit of truth may rule my heart, grafting therein the love of truth, and making me in all my thoughts, and words and works, to study, speak and follow truth, that I may be sincere before men and blameless before Thee: for His sake Who is the Truth,—in Whose most Blessed Mouth was no deceit—JESUS CHRIST our LORD. Amen.

For Holiness of Life.

O most Holy LORD JESUS CHRIST, the Lover of Purity, Whose Eyes behold me in every place; cleanse my heart, I beseech Thee, by the fire of Thy Holy Spirit, that for love of Thee, I may hate the very thought of evil, and be watchful to speak and do only what is holy and well-pleasing in Thy sight, that I may obtain the blessing Thou hast promised to the pure in heart, and may never be separated from Thee; Who livest and reignest with the FATHER, in the Unity of the HOLY GHOST, One GOD, world without end. Amen.

For Temperance.

O Almighty FATHER, Who hast bountifully provided for all our wants, preserve me from self-indulgence and excess in the use of Thy creatures,

and give me the spirit of temperance and sobriety, that in eating and drinking I may seek only to serve my necessity with moderation and thanksgiving, and not my pleasure. Grant me rather to hunger and thirst after righteousness, and so to keep under my body that my spirit may be always wakeful and ready for Thy service, and I may be found worthy to be admitted to the eternal Supper of the Lamb ; for His sake Who hungered and thirsted for us—**JESUS CHRIST** our **LORD**. Amen.

Against Evil Thoughts.

O Eternal GOD, mercifully regard my prayers, and deliver my heart from the temptation of wicked thoughts, that I may be meet to be the temple of the **HOLY GHOST**, through **CHRIST** our **LORD**. Amen.

Prayer in Anxiety.

O Good **JESU**, Who didst say to the troubled waters, "Peace, be still," still my heart in this—[*Name the trial*]*—*that it may rest in Thee. May the thought of Thy Will cheer the past, calm the present, give me rest of soul in fear of the future, quietness in anxiety, simple dependence upon Thee, Thy good Pleasure, Thy Providence, and Thy Love ; that whatsoever befall me I may be patient and still for love of Thee, and in patience may possess my soul. Amen.

For the Ember Weeks—Prayer in the Prayer Book, or the Prayer "for the Clergy," page 107.

For a Fast Day—Collect for the First Sunday in Lent.

[*Note.*—You will find amongst the Collects a Prayer for every circumstance and need.]

THE SACRAMENT OF THE LORD'S SUPPER,
OR,

The Holy Communion.

“ O taste and see how gracious the LORD is.”

INTRODUCTION.

And as they were eating, JESUS took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; This is My Body which is given for you; this do in remembrance of Me.

And He took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; for This is My Blood of the New Testament, which is shed for many for the remission of sins.

The LORD JESUS the same night in which He was betrayed took bread ;

And when He had given thanks, He brake it, and said, Take eat : This is My Body, which is broken for you : this do in remembrance of Me.

After the same manner also He took the cup, when He had supped, saying, This cup is the New Testament in My Blood : this do as oft as ye drink it, in remembrance of Me.

For as often as ye eat this bread, and drink this cup, ye do show the LORD'S Death till He come.

One of the most important duties of a Christian is frequently and devoutly to partake of the Holy Communion, and in order to stir yourself up to the greater reverence and devotion, you should attentively consider such points as may help to impress upon you the dignity and benefit of this great Gospel Sacrifice.

A Sacrament is "an outward and visible sign of an inward and spiritual grace given unto us," and the outward part is the means whereby we receive "the inward grace."

In the Sacrament of Holy Baptism the "outward and visible sign" is "water," and the "inward and spiritual grace," is "a death unto sin, and a new-birth (Regeneration) unto righteousness."

In the Sacrament of the LORD's Supper the outward part or sign is "Bread and Wine"—the inward part or thing signified being the Body and Blood of CHRIST—and the inward and spiritual grace is "the strengthening and refreshing of our souls by the Body and Blood of CHRIST" "which are verily and indeed taken and received by the faithful in the LORD's Supper."

How the outward part becomes what it is we know not. We only know that GOD makes it so,—for the Sacraments were

“ordained by CHRIST Himself” to be the means whereby we receive Him, and He gives them their power. And in the Holy Communion we know that to us sinners He giveth Himself, and with Himself all grace and “all things” needful unto life.

Humbly I adore Thee, hidden Deity,
Which beneath these symbols art conceal'd from me.
Wholly in submission Thee my spirit hails,
For in contemplating Thee it wholly fails.

Seeing, touching, tasting, all are here deceived,
But by hearing only safely 'tis believed.
I believe whatever GOD's own SON averr'd,
Nothing can be truer than Truth's very word.

In the Sacrament of the LORD's Supper there are two parts: the Commemoration, or “showing forth the LORD's Death;” and the Communion.

1. THE COMMEMORATION,

Or Commemorative Sacrifice, is the Worship of the Christian Church, as foretold and described by the Prophet Malachi:—
“From the rising up of the sun even unto the going down of the same My Name shall be great among the Gentiles; and

in every place incense shall be offered unto My Name, and a pure offering.”¹

The offering of Sacrifice was the most solemn act of the worship of Almighty God under the first Covenant. It was His own appointment, and Sacrifices were to be offered for various ends,—to obtain pardon of sin, to pray for blessings, to give praise and thanks to God.

Yet these sacrifices were nothing in themselves. They were but “a shadow of good things to come,” and when CHRIST fulfilled the Law by being Himself the Real Sacrifice, “the Lamb slain from the foundation of the world,” (of which they were but the symbols,) He put an end to them, and they came to nought, giving place to the higher Ordinance of the Gospel—namely, the Christian Sacrifice and Sacrament.

By His Death upon the Cross our Blessed LORD offered “a full, perfect, and sufficient Sacrifice, Oblation and Satisfaction for the sins of the whole world.” “Once in the end of the world hath He appeared to put away sin by the Sacrifice of Himself.”

¹ “Pure-offering” meant Bread-offering,—“the True Bread which came down from Heaven,” is the antitype of it.

Henceforth “He dieth no more.” “By His one Offering, He hath obtained eternal Redemption for us, and “after He had offered one Sacrifice for sins, He sate down on the Right Hand of God.”

Yet His office and life of love for His Church is not past and ended; “He hath an unchangeable Priesthood.” “He hath entered into Heaven itself, *now to appear* in the Presence of God *for us*.” “He ever liveth to make intercession for us.” “He *is* the Propitiation for our sins,” and that one Sacrifice of Himself which He *once offered in His Body* on the Cross He, as “a Priest for ever,” offers and pleads *continually* in Heaven for each member of His Body—the Church—to the end of time. And what He doth in Heaven He commands His Ministers to do on earth. He “did institute, and in His Holy Gospel commands us to *continue* a perpetual Memory of that His Precious Death until His coming again.” “Do this in remembrance (as a Memorial) of Me.” He ordained the Sacrament of the Lord’s Supper for this very end. “For the continual remembrance (ever-repeated Memorial) of the Sacrifice of His Death, and of the benefits which we receive thereby.”

The Sacrifice of the Holy Eucharist is then *the means whereby* we “show the LORD’s Death till He come,” that is, commemorate, present, offer, and plead to GOD the Precious Atoning Death of His SON, “Who is the very Paschal Lamb offered for us, that taketh away the sins of the world,” “that by His Merits, and Death,” and Precious Blood shed for us, “that speaketh better things than that of Abel,” “we and all the whole Church may obtain remission of our sins, and all other benefits of His Passion,” “all things needful both for our souls and bodies.”

Thus the Sacrifice and Sacrament of the Holy Eucharist is to be regarded as a true and lively representation of the “Finished Sacrifice” which CHRIST accomplished and offered to the Eternal FATHER upon the Altar of the Cross,—a continual pleading and application of the Atonement. And the institution of Sacrifice is as necessary *now* to plead what *has been done* for us—“the Offering of the Body of JESUS CHRIST once for all,”—as it was under the Law to plead in figure the Atoning Sacrifice yet to come. And our LORD Himself, being Present, under the veil of the consecrated symbols, by His Presence makes the offering

of His Church, pleading His Sacrifice, a Real Offering, and not a figure or shadow of one.

The Holy Eucharist is also a Sacrifice of adoration, "praise, and thanksgiving," for all GOD'S Mercies, especially "for the Death and Passion of our SAVIOUR CHRIST both GOD and Man," (and therefore it is called "Eucharist.")

Moreover, we therein "offer up ourselves, our souls and bodies," in union with our LORD, "to be a reasonable, holy, and lively sacrifice" to GOD.

For all these ends, therefore, both Priest and people ought frequently to offer this "our bounden duty and service;" the Priest, as CHRIST'S Representative—his acts being as though CHRIST did them by him—and the people by his hands; and both Priest and people by the Hands of the Great High Priest "over the House of GOD," JESUS CHRIST, Who indeed in every Eucharistic Service, (invisibly Present) is Himself both Priest and Sacrifice.

2. THE COMMUNION,

Wherein "the Body and Blood of CHRIST are verily and indeed taken and received by the faithful."

JESUS said unto them, I am the bread of life : I am the Living Bread which came down from heaven : if any man eat of this Bread, he shall live for ever : and the bread that I will give is My Flesh, which I will give for the life of the world.

Verily, verily, I say unto you, Except ye eat the Flesh of the Son of Man, and drink His Blood, ye have no life in you.

Whoso eateth My Flesh, and drinketh My Blood, hath eternal life ; and I will raise him up at the last day.

For My Flesh is meat indeed, and My Blood is drink indeed.

He that eateth My Flesh, and drinketh My Blood, dwelleth in Me and I in him.

As the living FATHER hath sent Me, and I live by the FATHER ; so he that eateth Me, even he shall live by Me.

This is that Bread which came down from heaven ; not as your fathers did

It is our duty to render most humble and hearty thanks to Almighty GOD our Heavenly FATHER, for that He hath given His SON our SAVIOUR JESUS CHRIST, not only to die for us, but also to be our spiritual Food and Sustenance in that Holy Sacrament.

If with a true penitent heart and lively faith we receive that Holy Sacrament ; then we spiritually eat the Flesh of CHRIST, and drink His Blood ; then we dwell in CHRIST, and CHRIST in us ; we are one with CHRIST, and CHRIST with us.

Grant us, therefore, gracious LORD, so to eat the Flesh of Thy dear SON,

eat manna, and are dead ; he that eateth of this Bread shall live for ever.	JESUS CHRIST, and to drink His Blood, that our sinful bodies may be made clean by His Body, and our souls washed through His most precious Blood, and that we may ever- more dwell in Him, and He in us. Amen.
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The Body of our LORD. JESUS CHRIST, which was given for thee,	The Blood of our LORD JESUS CHRIST, which was shed for thee,
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Preserve thy body and soul unto
everlasting life.

The Cup of blessing which we bless, is it not the Communion¹ of the Blood of CHRIST? The Bread which we break, is it not the Communion of the Body of CHRIST?

Our Blessed LORD's words of Institution and Consecration are effectual to the end of time. The words which He spake, "This is My Body, this is My Blood," abide for ever, and consecrate for ever the elements of bread and wine to be His Body and Blood. He is ever the Priest Who consecrates; His Ministers do but repeat His own words, by virtue of which He is truly Present and giveth HIMSELF

¹ That which Communicates—that whereby we are partakers of.

to be to the faithful their “spiritual Food¹ and Sustenance in this Holy Sacrament.” And in the Communion *our* part is to RECEIVE—to receive our LORD Himself to “dwell in us,” if we be faithful, “and we in Him,” to be “one with us, and we with Him,” and by His Indwelling Who is Life, to be to our *bodies* also, the Source of everlasting life. For the Holy Communion is “the Communion of the Body and Blood of the LORD, in a marvellous incorporation, whereby not only do the souls of the faithful live to eternal life, but they surely trust to win for their BODIES a resurrection to immortality.”

PREPARATION.

Consider attentively and lovingly the words of our SAVIOUR, and you will see that receiving this Blessed Sacrament is

¹ The term “spiritual” does not mean *figurative*, [or a figure, or representation of anything absent] but it means REAL and PRESENT, only *after the order or manner of spirit*; and “spiritual Food” means “Food for our spirits,” the real Food of our souls, even our LORD JESUS CHRIST Himself, verily Present in the Holy Sacrament, “after an Heavenly and Spiritual manner,” befitting Him Whose Body and Blood are therein given to us.

the most sacred and important action of your life, and that you must prepare most carefully for so great a Gift.

“Consider the dignity of this Holy Mystery, and the great peril of the unworthy receiving thereof.”

Whosoever shall eat this bread, and drink this cup of the LORD unworthily, shall be guilty of the Body and Blood of the LORD.

For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the LORD's Body.

For this cause many are weak and sickly among you, and many sleep.

Which being so divine and comfortable a thing to them who receive it worthily, and so dangerous to them that will presume to receive it unworthily.

So is the danger great, if we receive the same unworthily. For then we are guilty of the Body and Blood of CHRIST our SAVIOUR; we eat and drink our own damnation, not considering the LORD's Body; we kindle GOD's wrath against us; we provoke Him to plague us with divers diseases, and sundry kinds of death.

“Repent you of your sins, or else come not to that holy Table; lest after the taking of that holy Sacrament, the Devil enter into you, as he entered into Judas, fill you full of all iniquities, and bring you to destruction both of body and soul.”

How then can you prepare ?

1. By Self-examination and Repentance.
2. By Prayer and Devotion.

I.

“Let a man examine himself, and so let him eat of that bread, and drink of that cup.”

“If we would judge ourselves, we should not be judged.”

“Examine yourself whether you repent you truly of your former sins, steadfastly purposing to lead a new life ; have a lively faith in GOD’S mercy through CHRIST, with a thankful remembrance of His Death ; and be in charity with all men.”

“Judge therefore yourselves, brethren, that ye be not judged of the LORD ; repent you truly for your sins past ; have a lively and steadfast faith in CHRIST our SAVIOUR ; amend your lives, and be in perfect charity with all men ; so shall ye be meet partakers of those holy mysteries,” and may draw near “in full assurance of faith,” “having your hearts sprinkled from an evil conscience,” and take this Holy Sacrament to your comfort.

“Search and examine your own con-

sciences, (and that not lightly, and after the manner of dissemblers with God ; but so) that ye may come holy and clean to such a heavenly Feast, in the marriage-garment required by God in Holy Scripture, and be received as worthy partakers of that holy Table.

“ The way and means thereto is ; first, to examine your lives and conversations by the rule of God’s Commandments ; and whereinsoever ye shall perceive yourselves to have offended, either by will, word, or deed, there to bewail your own sinfulness, *and to confess yourselves to Almighty God*, with full purpose of amendment of life.”

[The following Questions upon the Commandments will help you to understand something of the fulness of their meaning, and so to examine yourself the more carefully ; but you are not to rest content with these questions, nor are they intended to limit you. Neither will they *all* apply to your own particular case, but they may assist in bringing your own sins to mind. Conscience faithfully listened to—with prayer to God for light—is the best helper.]

PRAYER BEFORE SELF-EXAMINATION.

O LORD GOD, Who searchest the hearts and triest the reins, discover to me, I beseech Thee, the evils and deceits of my heart, and all my secret faults, that I may fully know my shortcomings, and my sins, and may confess them with true sorrow and repentance, and may obtain Thy mercy and forgiveness, and grace to amend my life. LORD, hear me, LORD, help me, for the merits of JESUS CHRIST, my LORD and SAVIOUR. Amen.

As you are examining yourself, when you perceive yourself to have been guilty of any sin, say, "LORD, have mercy upon me, and forgive me this sin for JESUS CHRIST's sake, and let me not offend Thee so again."

SELF-EXAMINATION ON THE TEN
COMMANDMENTS.¹

I. THOU SHALT HAVE NONE OTHER GODS BUT ME.

Have I lived in any kind of unbelief or doubt, without taking pains to be instructed and corrected?

¹ *Note.*—You will not need to use these questions every time you examine yourself before the Holy Communion, if Holy Communion be frequent, but it is well to go through them from time to time.

Have I remained in ignorance of the Christian Religion without trying to obtain instruction? Have I refused to submit my mind to the teaching of the Church? Have I tried to judge of Divine Mysteries—such as the Blessed TRINITY, the Incarnation, the Holy Sacraments—by my own reason instead of humbly believing the Word of God and the Creeds of the Church? Have I neglected any means of learning such things as “a Christian *ought* to know and believe to his soul’s health?” Have I made companions of those who might draw me from the true Faith, read infidel books, or joined in any schismatical worship? Have I encouraged others to do so? How often, and for how long a time? Have I ever separated myself from the Church, and delayed to return to it? Have I lived for any time “without God in the world”—without the fear of God—following my own will as if there were no God? Have I loved any thing or person more than God—trusted in the help of man, or in money, or made an idol or god of any creature? Have I consulted fortune-tellers, or used charms, or given way to any kind of superstition? Have I, from fear of man, neglected to confess His Faith and obedience before man? Have I neglected to give Him thanks for all His benefits? Have I striven to love God with my whole heart—thought of Him, meditated upon Him, and prayed without ceasing for this grace?

II. THOU SHALT NOT MAKE TO THYSELF ANY GRAVEN IMAGE, NOR THE LIKENESS OF ANY THING THAT IS IN HEAVEN ABOVE, OR IN THE EARTH BENEATH, OR IN THE WATER UNDER THE EARTH. THOU SHALT NOT BOW DOWN TO THEM, NOR WORSHIP THEM; FOR I THE LORD THY GOD AM A JEALOUS GOD, AND VISIT THE SINS OF THE

FATHERS UPON THE CHILDREN, UNTO THE THIRD AND FOURTH GENERATION OF THEM THAT HATE ME, AND SHOW MERCY UNTO THOUSANDS IN THEM THAT LOVE ME, AND KEEP MY COMMANDMENTS.

(This commandment forbids all worship of all graven images, pictures, &c., but it also enjoins a true worship of the true God.)

Have I lived in the neglect of the worship of God either in public or private? How long has my negligence continued? Have I missed my Morning or Evening Prayers? How often? Have I risen up too late to say them, or neglected them from unwillingness to say them? Have I used all other opportunities of prayer? Have I said them reverently kneeling, attentively, from my heart, and without wilfully letting my thoughts wander? Have I been to Church regularly? [Have I delayed to receive Holy Baptism, or Confirmation, from negligence, sloth, or any other cause?] Have I delayed or neglected to receive the Holy Communion? Have I been indifferent about it? Have I received It without due preparation, self-examination, repentance, and prayer? Have I, from any kind of unbelief, been careless in receiving? Have I been careless afterwards, or neglected thanksgiving? Have I received it for any human end—love, or fear of man, or the like? Have I ever denied the blessed truth of our LORD'S Presence therein? Have I ever kept away from Church or any duty of religion from being offended with my Clergyman? Have I been in any way irreverent in Church, or neglected to join in the worship of God in spirit and in truth? Have I striven to the utmost of my power to join with devotion in the Service? Have I looked about in Church? Have I neglected self-

examination—reading Holy Scripture and good books? [Have I had Family Prayer?]

III. THOU SHALT NOT TAKE THE NAME OF THE LORD THY GOD IN VAIN; FOR THE LORD WILL NOT HOLD HIM GUILTLESS THAT TAKETH HIS NAME IN VAIN.

Have I used any oaths or profane words? Have I used the Name of God lightly—or to confirm an untruth? Have I ever sworn to what I did not know to be true, saying, “I’ll take my oath of it,” or any such words? Have I had a habit of calling out “on my soul,” or any such like exclamations? Have I spoken lightly of religion in any way? Have I cursed myself or others? Have I ever mocked the Clergy or turned them into ridicule? Have I acted irreverently in an empty Church, forgetting it is always the House of God, or in any way profaned the Church by irreverent conduct? Have I ever spoken against Fasting or any duty enjoined by the Church? Have I neglected to bear in mind the solemn vow of my Baptism? Have I made any rash vows? Have I neglected or broken any vow or solemn promise? Have I spoken against the ceremonies of the Church—the Sermon—the Clergy?

IV. REMEMBER THAT THOU KEEP HOLY THE SABBATH DAY. SIX DAYS SHALT THOU LABOUR, AND DO ALL THAT THOU HAST TO DO; BUT THE SEVENTH DAY IS THE SABBATH OF THE LORD THY GOD. IN IT THOU SHALT DO NO MANNER OF WORK, THOU, AND THY SON, AND THY DAUGHTER, THY MAN-SERVANT, AND THY MAID-SERVANT, THY CATTLE, AND THE STRANGER THAT IS WITHIN THY GATES. FOR IN SIX DAYS THE LORD MADE HEAVEN AND EARTH, THE SEA, AND ALL THAT IN THEM IS, AND RESTED THE SE-

VENTH DAY: WHEREFORE THE LORD BLESSED THE SEVENTH DAY, AND HALLOWED IT.

Have I profaned the LORD's Day by forsaking without necessity the public worship of the Church? If I could not go to Church have I failed to pray and read at home? Have I done any unnecessary worldly business—spent the day in idleness—reveling—reading newspapers? Have I encouraged others in such neglect? Have I put off till Sunday any work that ought to have been done in the week?

Have I been careful to give my children, servants, and dependants opportunity of attending Church? Have I failed to observe other Holy Days also?—Have I kept Christmas, Easter, Ascension Day, Whitsuntide, devoutly, or have I broken them by excess, or mere merry-making? Have I failed to observe the Fasts? especially Good Friday and Lent?

V. HONOUR THY FATHER AND THY MOTHER ;
THAT THY DAYS MAY BE LONG IN THE LAND,
WHICH THE LORD THY GOD GIVETH THEE.

(This commandment includes our duty to all our superiors, spiritual and temporal—also to our inferiors, and generally to all our relations and neighbours.)

Have I ever disobeyed my parents openly or secretly—done anything in their absence that I should not have dared to do in their presence—obstinately refused to obey them? Have I ever been sulky to them—caused them grief by my faults—spoken disrespectfully of them or to them—been unnecessarily a burden to them? Have I neglected to help them in sickness, poverty, or old age? Have I spoken to them with rude, angry, or impatient words? Have I ever deceived them—laughed at

them—shown impatience of their infirmities? Have I failed, in love, tenderness, gratitude, to them? Have I been obstinate in taking my own way, disregarding their wishes or advice? Have I been otherwise than humble and obedient to those who are set over me—Masters—Teachers—especially have I failed in my duty towards my spiritual Pastors? Have I been unwilling to learn humbly from God's Minister what is needful for my soul? Have I ever failed in respect, in thought, word, or deed, or encouraged others in such faults? Have I ever broken the law of the land—spoken evil of the Queen? Have I ever acted unkindly towards my brothers or sisters—towards the poor, or towards sinners? Have I judged the rich or those above me rashly and uncharitably without cause? Have I failed in respect to aged persons? Have I been obstinate or conceited in my own opinion, refusing to receive advice? Have I been unkind to idiots or persons of weak intellect, making sport of them or in any other way?

[If a parent.—Have I been careful to train my children religiously—to set them a good example? Have I in any way neglected them?]

[If a sponsor.—Have I tried to see that my God-children are Christianly taught? Have I neglected to pray for them?]

[If a husband, or wife.—Have I neglected my promises—been wanting in love? kindness, obedience, or duty? Have I ever used any angry, abusive words, or neglected the comfort of my wife—or husband? Have I been wasteful or extravagant?]

[If a master or mistress.—Have I been careless of the souls of my servants—treated them unkindly—making them work too hard? Have I failed to

reprove their faults—or found fault harshly, hastily, or without cause?]

[If a servant.—Have I been in any way unfaithful—robbing or deceiving, or allowing others to rob or deceive—neglecting to take care of what was committed to my charge—idling away my time?]

VI. THOU SHALT DO NO MURDER.

(This commandment is broken by every kind of passion, anger, bad-temper, as well as by hatred, malice, and injury of others.)

Have I been violently angry, or given way to a sullen, passionate, or pettish temper? What caused it?—How did I show it—in words or deeds? Have I hated or disliked any one without trying to overcome it and to love them? Have I done any harm to any one in anger—struck any one—tried to make others angry—called them names? Have I been quarrelsome—stirred up quarrels? Have I hurt the soul of any one by bad example, or persuasion—or leading them into sin? Have I been unforgiving—cherished desires of revenge—given way to resentment in thought or word? Have I been fretful, irritable—sullen—gloomy—oppressive—spiteful? In what instances? Have I quarrelled *for my rights* instead of yielding them for peace, in order to “live peaceably?” Have I been impatient in sickness or any other trouble—murmured or complained? Have I been cruel to animals, beating, kicking, or in any way ill-using them?—was it in anger, wantonness, or love of cruelty?

VII. THOU SHALT NOT COMMIT ADULTERY.

(This commandment requires you to keep your body in temperance, soberness, and chastity, and forbids all excessive indulgence of the senses.)

Have I ever actually broken this commandment? Have I been guilty of immodest talking? Did I begin it or join others? Was it in the presence of children? Have I listened to such conversations, or failed to avoid occasion of hearing them? Have I suffered others to be too free in their behaviour towards me? Have I persuaded or led others into sin? Have I read immodest books, or indecent accounts in newspapers—given way to such thoughts—or worse than thoughts? Have I done or said anything, or dressed myself, to attract the admiration of others? Examine yourself as to dress, behaviour, the company you keep, the places you go to—dancing—pleasure-making—songs—jests—pictures. Have I eaten or drunk too much, [if without being tipsy yet more than was necessary]? Examine yourself also as to smoking—idleness—taking too much sleep, and neglect of fasting, and self-denial.¹

All sins under this head are very grievous.

III. THOU SHALT NOT STEAL.

Have I taken anything belonging to another—parents or relations? Have I ever borrowed money or other property without returning it, destroyed the property of others by carelessness or otherwise [wasted my Master's time or property, or been careless of what was in my charge?]? Have I run into debts without knowing whether I could pay them? Have I given too little wages for service? Have I given false or light weight or measure, sold anything above its value—taken advantage of the ignorance or weakness of others to do so—of persons of weak intellect? Have I knowingly given less than its value for anything? Have I been honest

¹ Laudanum-drinking is a species of intoxication.

in little things as well as great? Have I pretended to be worse off [or more ill] than I was, and received money on that account? Have I neglected to make amends to those whom I have wronged? Have I ever knowingly passed false money? Have I undertaken any situation or business without sufficient knowledge—to the injury of my employer, or of any one? Have I ever received stolen goods, or aided in any fraud against a neighbour or against the laws? Have I evaded paying toll or taxes?

IX. THOU SHALT NOT BEAR FALSE WITNESS AGAINST THY NEIGHBOUR.

(This forbids all evil-speaking, lying, and slandering.)

Have I told a falsehood—how often—with what purpose—vanity—malice, in word or act, to hide a fault? Have I made false excuses or in any way made another believe that which is not true? Have I added to or diminished from the truth—hidden the truth—in any way deceived—been guilty of any kind of hypocrisy [as pretending to be asleep]? Have I said anything about my neighbour which was not strictly true—raised suspicions of another—given way to suspiciousness? Have I spoken evil of any one?—Was it spitefully, from jealousy or idly? Have I listened to evil-speaking, attributed motives—judged any one in matters I could not know? Have I told any secret entrusted to me—read letters intended for others—listened at doors? Have I spoken of the faults of others—taken pleasure in it—or in hearing them spoken of? Have I ever flattered any one?

X. THOU SHALT NOT COVET THY NEIGHBOUR'S HOUSE, THOU SHALT NOT COVET THY NEIGHBOUR'S WIFE, NOR HIS SERVANT, NOR HIS

MAID, NOR HIS OX, NOR HIS ASS, NOR ANY THING THAT IS HIS.

Have I wished for things which God has not given me—murmured and given way to discontent? Have I wished for any particular thing belonging to my neighbour and taken means to get it? Have I envied them their riches—clothes—talents—station—religious privileges—friends—attentions they receive—anything in which I think them better off than myself? Have I been jealous or angry when others have been better liked or more praised than myself, or when I have heard of their having received something I should have liked? Have I been covetous with my money—keeping it for myself—not giving away—making it an idol—in any way over anxious about it—or selfish? Have I in any way *struggled* against the Will of God?

CONFESSION OF SINS.

I.

When you have finished your self-examination confess all the sins you remember to Almighty God. You may use the Form of Confession “I confess to God the FATHER Almighty, &c.” as at page 40, or as in the Evening Prayers, page 31 or any other.

Then say the following “Act of Repentance” or any of the “Penitential Prayers,” page 129.

An Act of Repentance.

O most just and compassionate LORD and most indulgent FATHER, miserable

that I am, I have sinned against Heaven and before Thee and am no more worthy to be called Thy servant, much less Thy child, who have repaid so many benefits with carelessness and ingratitude. What punishment would be equal to my sins, and what tears could wash away my iniquities! Alas, woe is me. I grieve not, Good LORD, at any sufferings Thou mayest see good to send me in Thy Love—it only pierces my very heart to have offended my GOD Whom I ought to have loved and honoured above all things. O most loving FATHER, from henceforth I will detest all my sins, and I will flee from temptation as from the face of a serpent. Forgive, Almighty FATHER, forgive, and have not the sins of my past life in remembrance. Look upon me, O my GOD, in Thy tender compassion, for Thou art our FATHER, and we are Thy children; Thou art our Maker, and we are all as clay in Thy hands. Thou canst, with those waters drawn from the Fountains of our SAVIOUR, cleanse our defilements, and mould us again into vessels of honour. Of Thee, O merciful FATHER, I beg and hope for pardon; to Thee do I call, and on Thee I depend for grace that here-

after I may constantly serve Thee with true and faithful obedience, and cleave to Thee with a sure and perfect love for ever. Amen.

Or this,

Prayer for Pardon and Amendment.

O Good JESU, my LORD and my GOD, Who hast loved me and given Thyself for me, Who castest not out any that come to Thee: have pity upon me unworthy sinner, desiring to come to Thee for Thy Forgiveness and Thy Love. Forgive me, Good LORD, forgive me for Thy Love and Pity's sake. Forgive me all my sins, my many and grievous sins, my negligences and ignorances, my waste of Thy Grace, neglect of Thy calls, neglect of my prayers. Forgive me my many unworthy Communion, my negligence in preparing to receive Thee, my forgetfulness and ingratitude when Thou hast given Thyself to me. Forgive me my broken resolutions, and all wherein I have hitherto sinned against Thee, especially—*[Name them]*. Give me, Good LORD, a humble, loving, sorrow for them. Give me love that I may sorrow. Give me

tears that I may wash them away; and **O** do Thou wash me, cleanse me, heal me, more and more, in Thy most Precious Blood. Give me hatred of my sins, earnestness that I may repent of them, holiness and grace that I may sin no more. Forgive all sinners, and bring them back into the narrow way. And this for Thine own Love's sake, Good LORD JESU. Amen.

“And if ye shall perceive your offences to be such as are not only against God but also against your neighbours; then ye shall reconcile yourselves unto them; being ready to make restitution and satisfaction, according to the uttermost of your powers, for all injuries and wrongs done by you to any other; and being likewise ready to forgive others that have offended you, as ye would have forgiveness of your offences at God's hand.”

II.

“And because it is requisite, that no one should come to the Holy Communion, but with a full trust in God's

Mercy, and with a quiet conscience ;” “ If you cannot quiet your own conscience herein, but require further comfort or counsel ;” or, as it is expressed in another place, “ If you feel your conscience troubled with any weighty matter,” [and the more you understand the nature of wilful sin, the more you will feel it to be a weighty matter], and cannot find peace, you are advised to go to your Parish Priest, “ or to some other discreet and learned Minister of God’s Word, and open your grief ;” that is, as it is also expressed in another place, “ make a special Confession of your sins,” “ that you may receive the benefit of Absolution, [which, after such Confession, the Priest is directed to give you, “ if you humbly and heartily desire it,”] together with ghostly counsel and advice, to the quieting of your conscience, and avoiding of all scruple and doubtfulness.”¹

A Prayer when you desire to confess your sins before God’s Minister.

O most gracious LORD JESUS CHRIST, I, Thy servant, humbly desire to come to Thee for forgiveness and grace in the blessed Ordinance which Thou hast pro-

¹ From the Book of Common Prayer.

vided in Thy Church for the help and comfort of all sinners who truly repent and believe in Thee. Thou knowest all my sins, O LORD, but I would humbly confess them to Thee before Thy Minister; and O do Thou give me that true repentance and hatred of them, without which the confession of them will be of no avail. O do Thou give me that sincere, and loving penitence which Thou hast promised to accept; and may the Absolution, pronounced by Thy Minister, be to me Thine Own blessed words of pardon and peace; that, cleansed and delivered from all my sins by the pitifulness of Thy great Mercy, I may ever, from this time, serve and please Thee, in newness of life, with a quiet mind: Who livest and reignest with the FATHER and the HOLY SPIRIT, One GOD, world without end. Amen.

A Prayer for True Repentance.

Almighty and Everlasting GOD, Who hatest nothing that Thou hast made, and dost forgive the sins of all them that are penitent; Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of Thee, the

GOD of all mercy, perfect remission and forgiveness; through JESUS CHRIST, our LORD. Amen.

For Mercy and Forgiveness.

O LORD, we beseech Thee, mercifully hear our prayers, and spare all those who confess their sins unto Thee; that they, whose consciences by sin are accused, by Thy merciful pardon may be absolved; through CHRIST our LORD. Amen.

Almighty and Everlasting God, Who art always more ready to hear than we to pray, and art wont to give more than either we desire or deserve; Pour down upon us the abundance of Thy mercy; forgiving us those things whereof our conscience is afraid, and giving us those good things which we are not worthy to ask, but through the merits and mediation of JESUS CHRIST, Thy SON, our LORD. Amen.

A FORM OF CONFESSION TO THE MOST
HOLY TRINITY.

I confess to GOD the FATHER Almighty, to His Only-Begotten SON JESUS CHRIST our LORD, and to GOD the HOLY

GHOST, before you my Spiritual Father, [or "before you His Minister,"] that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. [*Here name your sins.*]

Wherefore I beseech GOD the FATHER Almighty, His Only-Begotten SON JESUS CHRIST our LORD, and GOD the HOLY GHOST, to have mercy upon me; and I humbly and heartily desire and pray for Absolution.

A Thanksgiving after Confession.

O Most Merciful God, Who according to the multitude of Thy mercies dost so put away the sins of those who truly repent that Thou rememberest them no more, look graciously upon me, Thine unworthy servant, and accept what I have now done for Thine Own mercies' sake. O most loving FATHER, I give Thee humble thanks that of Thy great goodness Thou hast bestowed upon me the pardon and forgiveness of all my sins. O may Thy love and pity supply whatever has been wanting in the fulness of my confession, and earnestness of my sorrow, and according to that

same love vouchsafe to have me fully absolved in heaven, and grant me the help of Thy grace, that I may never fall back into the sins I have repented of, but may diligently amend them [especially ——] and persevere in Thy service to the end, through JESUS CHRIST our LORD; to Whom with Thee and the HOLY GHOST be honour and glory world without end. Amen.

If you have time say Psalm ciii.

Praise the LORD, O my soul.

DEVOTIONS FOR HOLY COMMUNION.

Besides the preparation of examining your conscience before receiving the Holy Communion you should add some prayers to your daily devotions according to your leisure. GOD does not look at the length of the prayers, but at the earnestness and desire of the heart. "Of time," as of everything you give to GOD, it may be said, "if thou hast much give plentifully; if thou hast little do thy diligence gladly to give of that little," for "He accepts the willing mind."

Some persons divide their week into three days of preparation before, and three days of

thanksgiving after, but those who are much occupied would do well to add instead the following to their accustomed prayers on Friday evening, and on Saturday morning and evening.

Prayers before Holy Communion.

Remember not, LORD, our offences, nor the offences of our forefathers; neither take Thou vengeance of our sins.

Have mercy upon me, O GOD, after Thy great goodness, according to the multitude of Thy mercies do away mine offences.

Wash me thoroughly from my wickedness; and cleanse me from my sin.

O LORD JESUS CHRIST, my LORD and my GOD, I am not worthy that Thou shouldest come under my sinful roof; but as Thou didst not disdain to be laid in a manger, nor reject the sinner when she came unto Thee; trusting in Thy mercy and goodness, I approach to the Sacrament of Thy most Blessed Body and Blood. I come sick, to the Physician of life; unclean to the Fountain of Mercy; poor and needy, to the LORD of heaven and earth; humbly beseeching Thee of Thy boundless goodness to heal my sickness, to wash away my defilements, to enrich my poverty,

to clothe my nakedness that I may receive Thee with that true faith and repentance, reverence and humility, purpose and devotion, love and thankfulness, which becometh me, and as is expedient for the health of my soul, so that this Holy Communion may be unto me the remission of all my sins and the preservation of my soul and body unto eternal life. Amen.

Or this.

O LORD, I beseech Thee, visit and cleanse my conscience, that Thy SON our LORD JESUS CHRIST, when He cometh, may find in me a dwelling-place prepared for Himself; Who with the FATHER and the HOLY GHOST liveth and reigneth ever one GOD, world without end. Amen.

Or the prayer,

We do not presume, &c.

[Out of the Office for the Holy Communion, in the Prayer Book.]

ON SUNDAY MORNING.

Remember not, &c., as above.

Psalm lxxxiv. O how amiable are Thy dwellings, &c.

O GOD, the searcher of my heart, I desire to receive this wonderful and heavenly Sacrament with all the piety and devotion, all the love and fervour that I ought, and as it is meet for me to do. O LORD, all my desire is before Thee. My heart is ready, O GOD, my heart is ready. I offer unto Thee my whole heart and all that I am. LORD, hear the desire of Thy poor servant, let Thine ear hearken unto the preparation of my heart. Let Thy Divine and boundless goodness supply what my human weakness lacketh, for the love of Thy dear SON JESUS CHRIST our LORD. Amen.

Say often in the days before Holy Communion some short prayer, as—

“Good JESU, prepare my heart for Thyself.” “Come, LORD JESU, and cleanse my heart to receive Thee.” “LORD, I am not worthy that Thou shouldest come under my roof. O LORD, prepare Thy way before Thee.” “Whence is this to me that my LORD cometh to me, His poor sinner?”

*Thanksgiving after Holy Communion when
you return home.*

[Psalm xxxiv. if you have time.]

I give Thee thanks, O LORD, Holy FA-

THEE, Almighty Everlasting God, Who, not for any desert of mine, but only out of the goodness of Thy mercy hast vouchsafed to feed me a sinner, Thine unworthy servant, with the precious Body and Blood of Thy SON our LORD JESUS CHRIST; and I pray Thee that this Holy Communion may not be to me guilt unto punishment, but a saving intercession unto pardon. Let it be to me an armour of faith and a shield of good purpose, a casting out of all my sins and evil dispositions, an increase of charity, patience, humility, and all virtues, a firm cleaving to Thee, the One True God, and a happy ending of my life; and I pray Thee to bring me a sinner to that heavenly feast where Thou, with Thy SON and the HOLY SPIRIT, art to Thy holy ones, true light, fulness of blessedness, everlasting joy, and perfect happiness, through the same JESUS CHRIST our LORD. Amen.

Soul of CHRIST sanctify me.

Body of CHRIST save me.

Blood of CHRIST quicken me.

Water from the side of CHRIST cleanse me.

O Good JESU, hear me.

And suffer me not to be separated from Thee.

From the malicious enemy defend me.
In the hour of my death call me.
And place me near to Thee,
That with Thy holy angels
I may praise Thee
To endless ages. Amen.

The grace of our LORD JESUS CHRIST,
and the love of GOD, and the fellowship of
the HOLY GHOST, be with us all evermore.
Amen.

That you may not for a moment forget your
LORD's presence with you, say often in the day
after Holy Communion some short prayer such
as—

Abide with me, LORD.

Abide with me, that I may abide in
Thee, O good LORD.

Good LORD, abide with me in the grace
I prayed for.

Good JESU, Who hast given Thyself to
me; let nothing ever separate me from
Thee.

ON SUNDAY EVENING.

Psalm ciii. Praise the LORD, O my soul.

Almighty and everliving GOD, I most
heartily thank Thee, for that Thou dost
vouchsafe to feed me with the spiritual

food of the most precious Body and Blood of Thy SON our SAVIOUR JESUS CHRIST; and dost assure me thereby of Thy favour and goodness towards me; and that I am verily a member in the mystical body of Thy SON, which is the blessed company of all faithful people; and am also an heir through hope of Thy everlasting kingdom, by the merits of the most precious death and passion of Thy dear SON. And I most humbly beseech Thee, O heavenly FATHER, so to assist me with Thy grace, that I may continue in that holy fellowship, and do all such good works as Thou hast prepared for me to walk in; through JESUS CHRIST our LORD, to whom, with Thee and the HOLY GHOST, be all honour and glory, world without end. *Amen.*

On Monday Morning and Evening say,

Psalm ciii. 1 to 5.

Praise the LORD, O my soul: and all that is within me praise His holy Name.

Praise the LORD, O my soul: and forget not all His benefits;

Who forgiveth all thy sins: and healeth all thine infirmities;

Who saveth thy life from destruction:

and crowneth thee with mercy and loving-kindness ;

Who satisfieth thy mouth with good things : making thee young and lusty as an eagle.

Glory be to the FATHER, &c.

And the prayer as above :

Almighty and everliving God, &c.

When the Holy Communion is celebrated only once a month your preparation should be longer. Every day in the week before, you might say the prayers as above, or any of the following devotions :—

A Litany for the Holy Communion.

LORD, have mercy upon us.

CHRIST, have mercy upon us.

LORD, have mercy upon us.

O GOD the FATHER, Creator of the world,
Have mercy upon us, and fit us, unworthy sinners, to receive Thee.

O GOD the SON, Redeemer of mankind,

O GOD the HOLY GHOST, Sanctifier of the Church,

O HOLY TRINITY, One God,

JESUS, GOD and Man, in two natures, One Divine Person,

Have mercy, &c.

JESUS, our LORD and our GOD, Who vouchsafest to be Present in the Holy Communion,

JESUS, our Heavenly Physician, Who givest Thyself to us to heal and comfort us,

JESUS, our gracious GOD, Who givest Thyself to us in the Holy Communion under the form of Bread and Wine,

JESUS, the Bread of Life, Which, whosoever eateth, shall live for ever,

JESUS, the Good Shepherd, Who didst lay down Thy life for Thy sheep, and feedest them with Thine own Body and Blood,

JESUS, Who in this wonderful Sacrament art Thyself both Sacrifice and Priest,

JESUS, our adorable High Priest, Who ever livest to make intercession for us,

Have mercy, O LORD, and pardon our sins.

Have mercy, O LORD, and hear our prayers.

From unbelief in this Holy Sacrament,

From all irreverence during this awful service,

From neglecting to come, and from coming negligently,

From an unworthy and fruitless receiving of this Holy Sacrament,

From hardness of heart, and ingratitude for so unspeakable a blessing,

By Thine Almighty Power, which orders all things as Thou plearest,

By Thine Infinite goodness in giving Thyself to us in this wonderful Mystery,

By Thy Blessed Body broken for us on the Cross and really given to us in the Holy Communion,

By Thy Precious Blood shed for us on the Cross and really given to us in the Cup of Blessing,

Have mercy upon us, and fit us, &c.

Deliver us sinners, Good Lord.

We sinners beseech Thee to hear us.

That we may ever believe all Thy words teach us,

That before we approach this Holy Sacrament we may sincerely endeavour to be reconciled to Thee, and be in perfect charity with all men,

That returning from this Holy Sacrament, we may praise and bless Thee, and strive diligently to amend our lives,

That by this heavenly medicine we may be healed and strengthened against future falls,

That we may always, through Thy grace, so believe and understand, so speak and think, and firmly hold of this exceeding Mystery, as shall please Thee to be good for our souls,

That by this Holy Communion our hearts may be kindled to love Thee ever more and more,

That we may love Thee in this Holy Sacrament with our whole heart, and never be separated from Thee,

That as we see Thee now by faith under these visible Forms, so we may hereafter see Thee face to face, and eternally enjoy Thy Presence,

O Lamb of God, that takest away the sins of the world,

Spare us, O LORD.

O Lamb of God, that takest away the sins of the world,

Grant us Thy peace.

O Lamb of God, that takest away the sins of the world,

Have mercy upon us.

We beseech Thee to hear us, good Lord.

LORD, hear my prayer,
And let my cry come unto Thee.

O GOD, Who in a marvellous Sacrament hast left unto us a perpetual memorial of Thy Passion: Grant us, we beseech Thee, so to reverence the Sacred Mysteries of Thy Body and Blood, that we may continually feel within us the fruit of Thy Redemption; Who livest and reignest, ever one GOD, world without end. Amen.

[Or the Collect for the 2nd Sunday in Advent.]

Our FATHER, &c.

An Act of Love and Repentance before Holy Communion.

O my Most Loving GOD, my Creator and my SAVIOUR, I grieve from my inmost heart that I ever offended Thee, my LORD and my GOD! Whom I ought to love above all things: because Thou art good to all, and hast bestowed very many blessings upon me; while I, alas, wretched and ungrateful sinner that I am, have returned Thee evil only for Thy good.

But be Thou merciful unto my sins, O LORD. For now I firmly purpose and resolve no more to offend Thee, and to shun all occasions of sin. And therefore do I now desire to receive this Sacrament that I may be strengthened in the love of Thee, and may be defended against all occasions of sin; that Thou mayest abide in me, and I in Thee.

An Act of Faith.

Faith is to be exercised by considering that CHRIST Himself, Very GOD and very Man, Who

suffered and died for us, is verily and indeed here present, &c.

O CHRIST JESU! Very GOD and Man, of One Substance, Majesty, and Power with the FATHER, I believe and confess with firm faith that by virtue of Thy wondrous Power, Wisdom, and Goodness Thou art verily and indeed present in this Sacrament; Thy Body and Thy Soul, Thy Flesh and Thy Blood; for Thou, the Truth itself, didst say, This is My Body.

I believe whate'er the SON of GOD hath told :
What the Truth hath spoken, that the truth I
hold.

LORD, increase my faith.

This exercise of faith is in the highest degree beneficial, because on the true belief of this point rests a faithful devotion in the use of this Sacrament.

A Prayer for Grace.

O FATHER of mercies! look upon the Face of Thy CHRIST, Who, with the most perfect love, was obedient to Thee unto death, even the death of the Cross, and by virtue of His merits, give me grace that I may show acceptable obedience to Thee. Grant, I beseech Thee, that through His merits and intercession I may obtain those things which I am not worthy to ask.

O JESU, SAVIOUR of the world! Who camest to save sinners, and saidst, Come unto Me, all ye that labour and are heavy laden, and I will refresh you; lo, I, a sinner, dare to come unto Thee; for with Thee there is plenteous Redemption.

I come unto Thee, from Whom I have erred and

strayed as a sheep that is lost ; but, O Thou good Shepherd, Who didst lay down Thy life for Thy sheep, Who camest to seek and to save that which was lost, seek Thy servant, O LORD, for I do not forget Thy commandments.

I come unto Thee, pierced with many wounds, grievously oppressed with so many evil passions ; but, LORD, if Thou wilt, Thou canst make me whole. Thou knowest that it is the sick who need a physician.

But Thou art that Samaritan, the true Physician of souls, Who hast borne our griefs ; Thou art He Who gavest, as the medicine for my soul, the Sacrament of Thy Precious Body and Blood.

Have mercy, therefore, upon me, O LORD, and heal my soul, for I have sinned against Thee. A troubled spirit is a sacrifice to Thee, O LORD ! a broken and a contrite heart Thou wilt not despise. Give me this, O LORD, and O break Thou the bonds of my sins. For thus shall I worthily offer unto Thee the sacrifice of praise, and call upon the Name of the LORD. Amen.

Meditation and Prayer on the Passion of our LORD is also the best exercise to stir up love and devotion to Him in the Holy Sacrament. See the Litany, page 113.

A Devout Prayer after Holy Communion.

O FATHER of Mercies and GOD of all comfort ! Who, out of the abundance of Thine infinite love, hast given unto us Thine Only Begotten SON, that whosoever believeth in Him should not perish but have everlasting life ; and that out of the exhaustless treasury of His merits our wants may be supplied ; lo, I a miserable sinner, but by Thy mercy

called into the fellowship of Thy SON, have now also been made partaker of His Body and Blood. And I now enfold Him in my bosom, and possess Him as mine own most closely united with me.

And thus possessing and possessed, in the union of that love wherewith He once gave Himself for us on the Altar of the Cross, and now giveth and communicateth Himself to us in the Sacrament of the Altar, do I now offer Him unto Thee, together with all His merits and virtues, to Thy eternal praise and glory; that in Him Thou mayest be perfectly well-pleased; and that we, who by our own deeds are not able to please Thee, may by the merits and intercession of Thy most Well-beloved SON, be perfectly pleasing to Thee.

I offer unto Thee, O most Holy FATHER, all His charity, piety, obedience, humility, poverty, gentleness, patience, with all the other virtues which He had surpassingly, that by them all my defects may be supplied.

And, since I cannot thank Thee as I ought for all the benefits conferred upon me, I offer unto Thee all the praises which He Himself offered, whilst He was visible on earth amongst men, and those which He now offereth unto Thee in glory.

But forasmuch as I cannot satisfy Thee for my debts, that is my sins, I offer unto Thee all His labours, fastings, watchings, weariness, prayers, whatsoever in fine, He did or suffered from the first moment of His Conception until He gave up the ghost on the Cross; all the anguish, griefs, and torments of His Passion, all the Blood poured out for me, all the Wounds for me received, and the Death which He endured in my stead.

Behold, this is the Treasure, most Merciful FA-

THER, in Which I repose all my hope; these are the riches which I offer in satisfaction of all my debts.

Holy FATHER, look upon the face of Thy CHRIST, and since He is Thy Beloved SON in Whom Thou art ever well-pleased, Who now is most inwardly united with me, look upon me also, I humbly beseech Thee, with the eyes of Thy mercy. Under His protection and defence, under the shadow of His merits do I appear unto Thee, that, looking chiefly upon Him, Thou mayest regard me also with mercy and favour, whom He has purchased and made His servant for ever.

Suffer not, I beseech Thee, that soul to perish, which so often receiveth into itself, Thy SON, Who, sent by Thee, came into the world to seek and to save that which was lost. Grant this unto me, through Thine Infinite Mercy. Amen.

[After Holy Communion do not forget also to pray for others.]

SPIRITUAL COMMUNION.

“He satisfieth the longing soul, and filleth the hungry soul with goodness.”

“But if a man by reason of any just impediment do not receive the Sacrament of CHRIST’S Body and Blood, the Curate shall instruct him, that if he do truly repent him of his sins, and steadfastly believe that JESUS CHRIST hath suffered death upon the Cross for him, and shed His Blood for his redemption, earnestly remembering the benefits he hath thereby, and giving Him hearty thanks therefore, he doth eat and drink the Body

and Blood of our SAVIOUR CHRIST profitably to his soul's health, although he do not receive the Sacrament with his mouth."

Spiritual Communion is a great comfort and blessing to those who are in any way deprived of Sacramental Communion, and the Church teaches us that *when there is any JUST impediment*, by this Spiritual Communion the effect of the Sacrament, that is union with CHRIST, may be obtained. It may be used at any time when the soul earnestly and lovingly longs for such blessed Communion.

DEVOTIONS.

First, we must awaken in us a true and lively faith as to this Sacrament; which may be sustained by thoughts of the Divine Power, Wisdom, Goodness, and Truth.

Add to this the exercise of hope. For what can the Good and Merciful God, Who hath given Himself, refuse? What cannot He do for us, although not present in the Body, He Who, while absent, healed the Centurion's servant, and many others?

Lastly, stir up love, and with ardent desire of the heart, pant and long for

CHRIST as for a Living Fountain, of which whoso drinketh, shall never thirst. Long, therefore, to be united and incorporated into CHRIST by the virtue of His Body and Blood; so that being made, as it were, one spirit with Him, thou mayest never be separated from Him.

Sometimes you might *meditate* [upon your knees] and picture to yourself the Supper-room at Jerusalem on the Thursday evening when our Blessed LORD first instituted the Holy Communion, and think of all that happened there, until your love and longing are kindled into more earnest desire for that Blessed Food, and you might carry on your thoughts to all the events of that sacred night, and of Good Friday, till you come to the taking down from the Cross, and the sepulchre, and consider that your body is as the tomb wherein He places His sacred Body that He may raise it up at the last day.

Prayer for Spiritual Communion.

O LORD JESU, I acknowledge that Thou art the True Bread which didst come down from Heaven to feed us with Thine own Self.

I believe that in Thee are hidden infinite treasures of spiritual gifts, and the largest richness of grace, all which my poor and needy soul panteth ardently to partake.

I believe the word which Thou hast spoken, He that eateth Me shall live by Me. Behold, O Living Bread, I, wretched that I am, well nigh perishing with hunger and cold, exposed to many infirmities, I approach to Thee, that eating Thee, I may more fully and more truly live by Thee, may be gathered into Thee, and cherished by Thee. I trust that Thou wilt not loath my unworthiness, weakness, and want.

I do most truly confess that I am not worthy that Thou shouldest come under my roof; but I know and believe, with the Centurion, that Thou, even when absent, that is, without Sacramental Communion, canst with one word, heal, enrich, and sanctify me. For if the gazing on the brazen serpent had such efficacy, that it had the power to heal those bitten by fiery serpents, shall not the faith whereby I contemplate Thee have more power to heal the bites of the infernal serpent? It was the type, Thou the Truth; it the shadow, Thou the Substance. If the

touch of the hem of Thy garment could expel incurable diseases, what may it not avail to touch Thy All-holy Body and Thy Divine Blood, if not by my body, yet by my mind, through longing and earnest trust?

If the shadow of Thy disciple Peter could drive away all diseases of the body, what sickness of the soul shall be able to stand its ground, and not rather give place instantly before the brightness of Thy Divine Majesty?

Come therefore to me, O LORD, and heal my sin-sick soul, appease its hunger, strengthen its weakness. Thou, Who by the will of the FATHER, and the co-working of the HOLY GHOST, hast by Thy Death given life unto the world, quicken me, feed me, sanctify me, by this Thy All-holy Body and Blood; deliver me from all sin, make me ever to cleave to Thy commandments, and never let me be separated from Thee.

Even so come, LORD JESUS. Amen.
Amen.

Shorter Form.

Behold, I kneel poor and needy before Thee, O Merciful JESU, and since I cannot now receive Thee Sacramentally, I say

with the Centurion, "LORD, I am not worthy that Thou shouldest come under my roof, but speak the word only and Thy servant shall be healed." Enter, I pray Thee, spiritually into my soul; cleanse it from all evil, adorn it with all virtues, feed it with Thy Body and Blood, and fulfil it with the richness of Thy heavenly benediction for ever and ever. Amen.

[All who can, are recommended to make some exercise of this kind, however short, a part of their daily devotions.]

A FEW PRACTICAL LESSONS FROM HOLY SCRIPTURE.

TO BE PONDERED AT LEISURE.

"If ye love Me, keep My Commandments."

"Not every one that saith unto Me, LORD, LORD, shall enter into the kingdom of heaven: but he that doeth the will of My FATHER which is in heaven."

"What is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?"

"Whosoever shall be ashamed of Me and of My words in this adulterous and sinful generation; of him also shall the Son of Man be ashamed, when He cometh in the glory of His FATHER with the holy angels."

"And fear not them which kill the body, but are

not able to kill the soul : but rather fear Him which is able to destroy both soul and body in hell."

"Whosoever shall confess Me before men, him will I confess also before My FATHER which is in heaven."

"Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged : and with what measure ye mete, it shall be measured to you again. Let us not therefore judge one another any more : but judge this rather, that no man put a stumblingblock or an occasion to fall in his brother's way."

"A soft answer turneth away wrath : but grievous words stir up anger."

"Lie not one to another, seeing that ye have put off the old man with his deeds ; wherefore putting away lying, speak every man truth with his neighbour : for we are members one of another. All liars shall have their part in the lake which burneth with fire and brimstone."

"And He said unto them, Take heed, and beware of covetousness,¹ for a man's life consisteth not in the abundance of the things which he possesseth."

"They that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. For the love of money is the root of all evil : which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows."

"Without holiness no man shall see the LORD."

"Love not the world, neither the things that are in the world. If any man love the world, the love of the FATHER is not in him. For all that is in

¹ "Which is idolatry."—Col. iii. 5.

the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the FATHER, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever."

"Know ye not that your bodies are the members of CHRIST? Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

"And He said to them all, If any man will come after Me, let him deny himself, and take up his cross daily, and follow Me."

"The day of the LORD will come as a thief in the night. Watch therefore: for ye know not what hour your LORD doth come. Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that Day come upon you unawares."

"The Son of Man shall come in the glory of His FATHER with His angels; and then He shall reward every man according to his works"

"And cast ye the unprofitable servant into outer darkness: there shall be weeping and gnashing of teeth."

"It is appointed unto men once to die, but after this the judgment."

"And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works."

"Let us hear the conclusion of the whole matter: Fear God, and keep His commandments: for this

is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil."

[These few verses of Holy Scripture will bring to your mind many others.]

RULES.

"Whether ye eat, or whether ye drink, or whatsoever ye do, do all to the glory of God."

1. Have a few rules and keep them.

2. Remember the Presence of God. The practice of saying short prayers often in the day will help you in this.

3. Be careful in the choice of your companions. Shun all company and places of amusement which may be to you occasions of sin.

4. Be on your guard when talking. Avoid all foolish jesting, evil-speaking, and contention. Never speak ill of any one. Say something kind, or be silent.

5. Be simple in your dress. Desire only "the ornament of a meek and quiet spirit, which is *in the sight of God* of great price."

6. Be temperate at your meals. Do not take your food as a matter of course, but when you say your grace ask seriously for God's Blessing, that it may strengthen you for your duties.

7. Aim to do something every day with the motive of pleasing God; something which He will remember for good.

8. In affronts, temptations, and all trials, set our

Blessed LORD JESUS before you, and think how He would have acted. Bear them for His sake.

9. Attend the Public Worship of the Church whenever you can, daily if you can, and have the opportunity. If not, read some portion of the Psalms or Lessons at home. Make it a point to read some good book every day.

10. Be constant at the Holy Communion.

11. Regard your Clergyman as God's Minister to your soul, and your best earthly friend.

12. Cleave steadfastly to the Prayer Book. Love it as the voice of the Church wherein God has called you, and fed you all your life long.

13. Reverence, value, and carefully use *all* the *means of grace* which the Love of God gives you in His Holy Church.

14. Call to mind every day the nearness of death and "what follows afterwards."

15. Persevere and pray for perseverance.

"He that endureth unto the end shall be saved."

Grace before Meals.

Bless us, O LORD, and these Thy gifts, which we are about to receive of Thy bounty, and give us thankful hearts; through JESUS CHRIST our LORD. Amen.

Grace after Meals.

We thank Thee, O LORD, for these and all Thy mercies; grant that our strength may be devoted to Thy service; and supply the wants of the needy, for JESUS CHRIST's sake, our LORD. Amen.

A PRAYER

which may be said at Night Prayers in preparation for the hour of Death.

O Eternal FATHER, I beseech Thee by the Life and Death of Thy well-beloved SON and by Thy loving Mercy, grant unto me that I may persevere in holiness and die in Thy favour.

O Good JESU, I beseech Thee by the Love of the Eternal FATHER and by Thy last Words on the Cross, wherewith Thou didst commend Thy Spirit to Thy FATHER, receive Thou my soul at my last hour.

O GOD the HOLY GHOST, have mercy upon me, and by Thy holy inspiration strengthen me at all times, and chiefly in the hour of my death.

O HOLY TRINITY, One GOD, have mercy upon me now and in the hour of death. Amen.

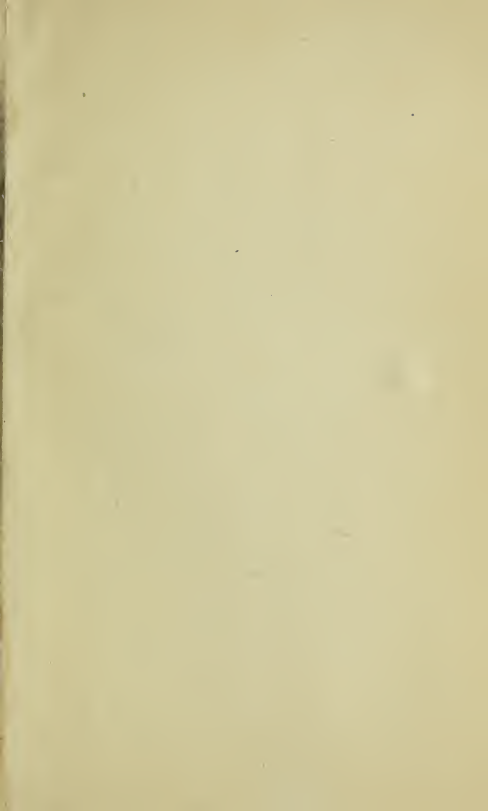
A Prayer at lying down to rest.

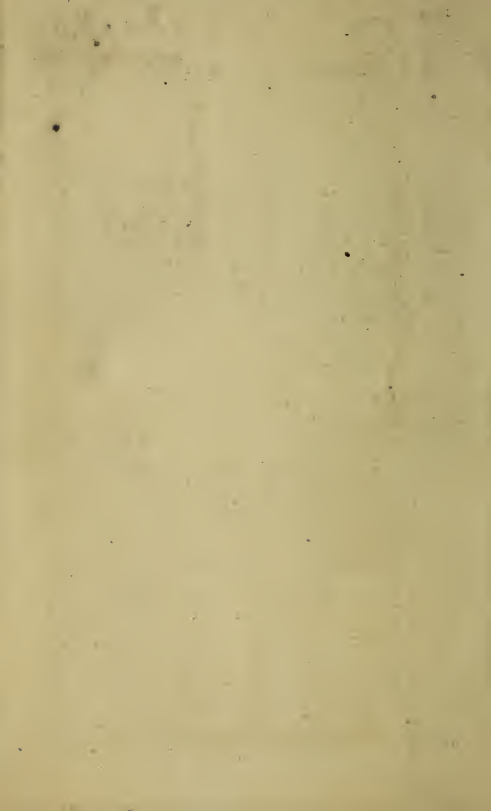
Good LORD JESU, preserve me from sudden and unprepared death. Amen.

A Short Intercession for the Dying,

(TO BE USED AT ANY TIME.)

O most merciful LORD, Who wouldest not the death of a sinner, have pity upon all who are now in the pains of death ; give them grace to repent of all their sins and trust only in Thy mercy, and do Thou hear them, and save them for Thy Love, and through Thy precious Blood. Amen.





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